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Bipolar Disorder 101: A Comprehensive Guide to Bipolar Disorder (Paperback)

By Ashley Wood

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Whether you personally struggling with extreme highs and frightening lows of the bipolar disorder, or someone close to you does, this compassionate and comprehensive guide book on bipolar disorder will provide you with the insight necessary to accurately understand, manage and cope with the condition. At present approximately 5.7 million Americans get affected by bipolar disorder each year and this illness is now classified as one of the ten leading causes of disability in the US. These days bipolar is one of the most commonly diagnosed psychiatric conditions among teens, adolescences, and adults. According to a recent worldwide survey, US has the highest lifetime rate of bipolar disorder of 4.4 . This book provides a much-needed resource for family and friends of the millions of American suffering from bipolar disorder. The book contains up-to-date information and practical problem-solving advice that you can count on. Written by an accomplished bipolar expert, the book is designed to help you manage manic episodes and periods of severe depression. Every individual s experience with bipolar disorder is different, but the book offers a bipolar...

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Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

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An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brian Miller**