

Bipolar 101 A Practical Guide To Identifying Triggers Managing Medications Coping With Symptoms And More

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Bipolar 101 A Practical Guide

Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More Paperback - February 1, 2009. by Ruth C. White (Author), John D. Preston (Author) 4.4 out of 5 stars 55 ratings. See all 2 formats and editions.

Bipolar 101: A Practical Guide to Identifying Triggers ...

Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

Bipolar 101: A Practical Guide to Identifying Triggers ...

In Bipolar 101, a mental health advocate who has personal experience with bipolar disorder offers this guide to the ten simple--yet not always easy--essential steps readers need to take to control this serious and challenging condition. --This text refers to the paperback edition.

Bipolar 101: A Practical Guide to Identifying Triggers ...

Overview. After receiving a bipolar diagnosis, you need clear answers. Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

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Bipolar 101: A Practical Guide to Identifying Triggers ...

Bipolar 101; a practical guide to identifying triggers, managing medications, coping with symptoms, and more.

Bipolar 101; a practical guide to identifying triggers ...

Bipolar 101. . . Becoming educated is the first step to getting better. -Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More By Dr. White & Dr. Preston.

Bipolar 101 - The Calculating Mind

There are a variety of methods you can use to help yourself with bipolar disorder (also known as manic depression). Individuals should take an active role in their own treatment and self-care because

Self-Help Strategies for Bipolar Disorder

About the Book. After receiving a bipolar diagnosis, you need clear answers. Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

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Bipolar 101: A Practical Guide to... book by John D. Preston

The most popular screening tool for bipolar disorder is the 15-question Mood Disorder Questionnaire (MDQ) that takes approximately 5 minutes for the patient to complete. However, it is a screening tool and not a diagnostic instrument. The MDQ measures lifetime symptoms of hypomania and

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mania.

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