



# **The Everything Health Guide to Adult Bipolar Disorder: A Reassuring Guide for Patients and Families (Everything®)**

*Dean A. Haycock*

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## Expert help for dealing with this complex diagnosis!

If you or a loved one has been diagnosed with bipolar disorder, it can be confusing and overwhelming. What are the most effective treatments? Will therapy help? When will life return to normal? With *The Everything Health Guide to Adult Bipolar Disorder, 3rd Edition*, you can take charge and manage your condition, or learn the best ways to support your friend or family member. Author Dean A. Haycock, PhD, provides supportive advice on:

- Treatments, including alternative and nontraditional approaches
- Making the best lifestyle choices for you
- Dealing with mania and depression and how to stay in control
- Telling others you have bipolar disorder
- Recent changes in diagnostic criteria, and how they can affect you
- Finding support for yourself and your loved ones

In this completely revised and updated edition, you'll find answers to all your questions--and the support you need to face this challenging condition.

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