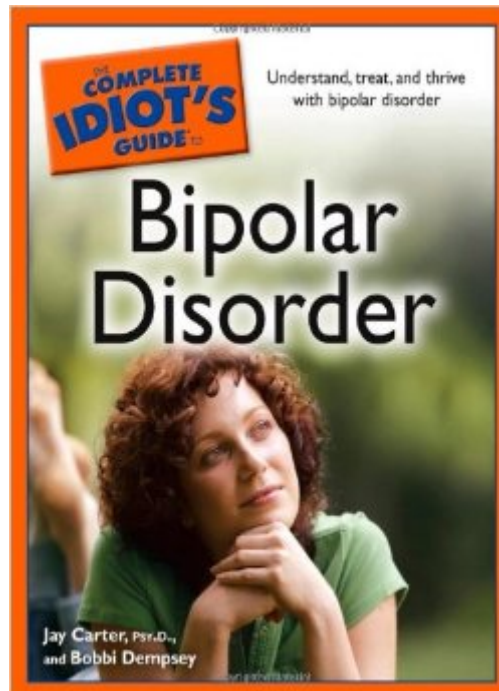


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# The Complete Idiot's Guide To Bipolar Disorder (Complete Idiot's Guides (Lifestyle Paperback))



## Synopsis

Clear answers on correctly diagnosing and living with bipolar disorder. This comprehensive and reliable guide addresses how bipolar disorder is different from other disorders, the latest research into bipolar treatments, strategies for living with bipolar disorder, and much more. \*Bipolar disorder is estimated to be the sixth leading cause of disability in the world, and the number of Americans diagnosed as bipolar may be as high as 10 million \*Includes information on parenting a child with bipolar disorder

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

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## Customer Reviews

Yes, I am the author and I wanted to give you a little bit more about this book. I am my own worst critic, so I thought I would rate the book once I read it. Yes, I wrote it, but didn't get a chance to read it in its entirety. The Alpha editors did a good job. I am trained and educated in medication, but I am not a medical doctor. The info about the medications comes from feedback from the 25,000 mental health professionals I have trained, and mostly from the National Institute for Mental Health (NIMH). I have researched the natural remedies, but haven't found any that will do the job 100%. See Dr. O'Connell's website in the book for more info. The most natural medication that works seems to be lithium. Rita Warner did a great job in bringing the tech data down to a simple understanding. My other associates in the book were excellent and the editors blended their work in nicely. For more info and a little humor, see [...]. Wishing you the best. Dr. Jay

This book is great for anyone just diagnosed or their family. I highly recommend it for anyone struggling with this ailment and needing more than the pamphlets the Doctor has given them. Easy to understand as well.

The title says it all. It is so well written that you (the complete idiot or not) are immediately less hesitant about talking to someone with BP about the disorder and become aware of what is happening regarding the behavioral cycles.

This is the very first book I read on Bipolar Disorder. It is easy and fun to read. After reading more books on the topic, I start wondering if the animal brain-monkey brain idea is just a joke out of the author's humor with a good intention to add joy or a research-based discovery.

This has all the information that I needed for a quick reference. The explanations were much easier to understand with more basic concepts.

Easy to understand. Learned a lot about bipolar. A very good book for those diagnosed as bipolar and for those who love them. Repetitive in a few instances. Proof reading could have been better

Best book I've found on this nasty ailment. Thorough, plain English, describes wide range of symptoms including individual nuances. Very reasonable tone and advice for dealing with it.

This book has been a go-to reference book for my family and me. It covers so many important topics, resources are great!

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