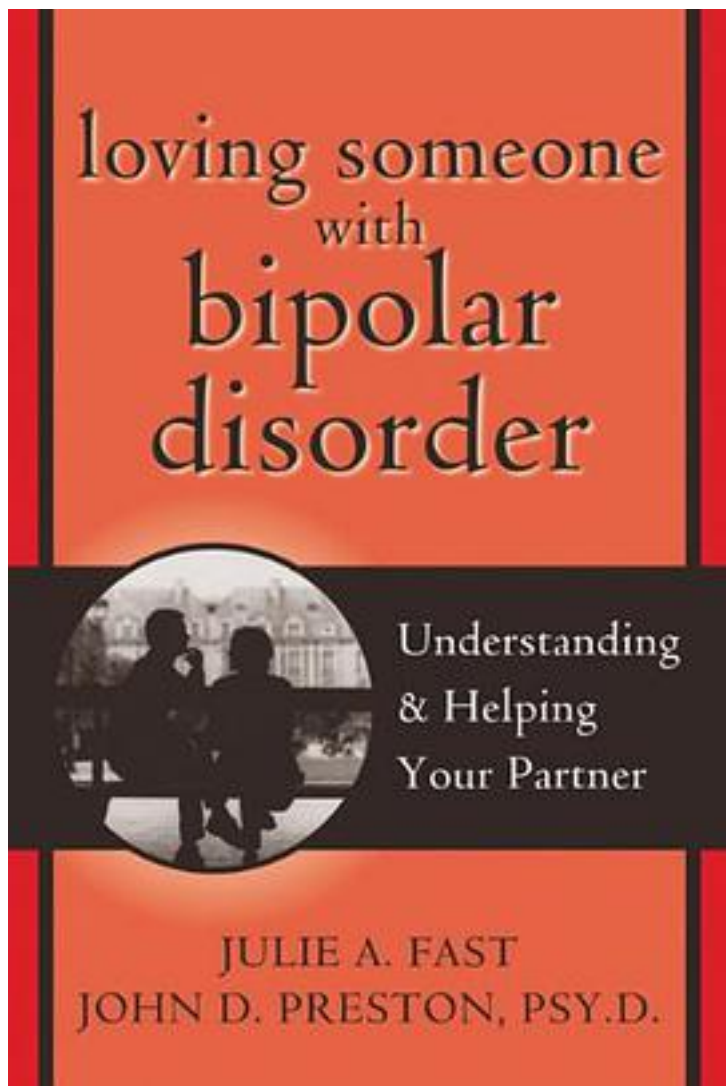


Loving Someone with Bipolar Disorder



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Bipolar disorder is characterized by alternating periods of dramatically manic behaviour and episodes of extreme sadness and hopelessness, often with periods of normalcy in between. Those close to sufferers may experience feelings of constant uncertainty about the bipolar individual's mood. Specifically for the partner of a bipolar individual, learn how to control episodic crises and create a loving, healthy and supportive relationship. Find out what type of coping approaches work and which do not. Know when to call for help. All of the tactics in this book offer relief, engender a greater sense of stability and reassures the partner that this is absolutely achievable with patience and good advice.

作者介绍:

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标签

Bipolar

评论

这本书写给双相患者伴侣或者家人的，感恩这本书的存在，还是有好多收获的:整体治疗方案，记录症状清单，记录诱发机制。

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书评

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