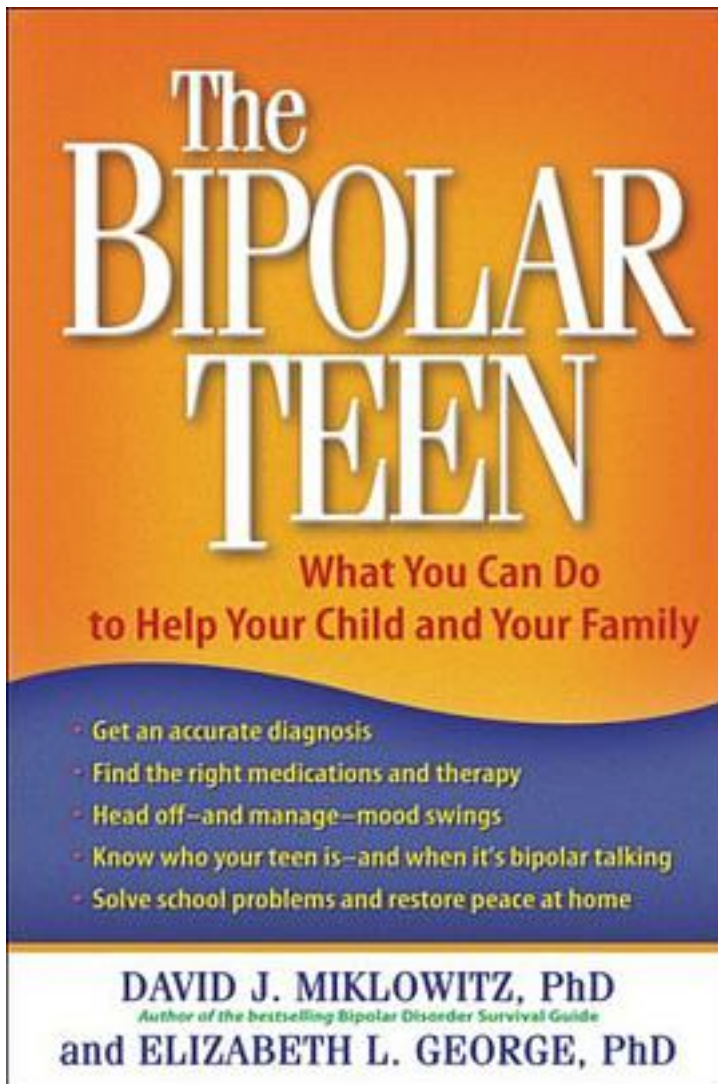


The Bipolar Teen



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Bipolar disorder is difficult at any age, but it can be particularly daunting for teenagers and their families. David Miklowitz, author of the bestselling "The Bipolar Disorder Survival Guide", provides invaluable information parents can use to help teens cope - and thrive. His adolescent bipolar treatment program has been tested and refined for a decade. Now for the first time, this book makes it available directly to parents. "The Bipolar Teen" helps parents distinguish between the typical ups and downs of teen life and the symptoms of mania or depression. With coauthor Elizabeth George, Dr. Miklowitz shows parents how to recognize the early warning signs of an episode so they can intervene before it's too late. They show how to strike a healthy balance of medications and psychotherapy, and offer practical tips for getting the most from doctors and from school programs. Crucially, they also demonstrate practical strategies for managing the chaos at home so every family member - including siblings without the illness - can find the stability and support they need. A dozen helpful reproducibles are included.

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