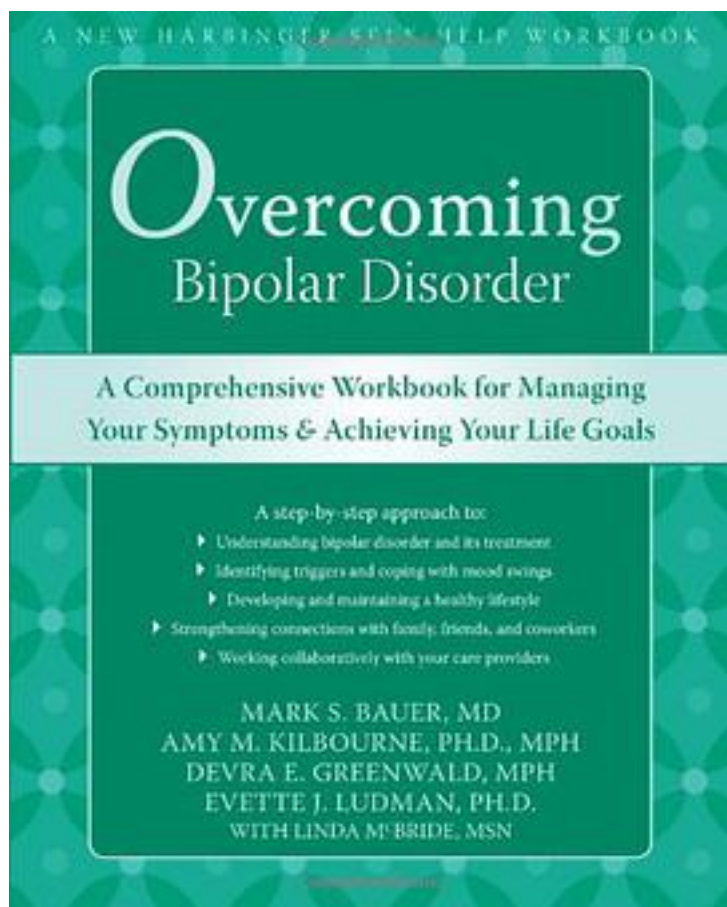


Overcoming Bipolar Disorder



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A doctor may understand the symptoms of bipolar disorder and your close friends and relatives may know your manic and depressive phases inside and out, but only you have experienced your bipolar disorder firsthand. This workbook will help you learn

how to recognize your mania and depression triggers, develop coping skills for managing symptoms, form more productive partnerships with your healthcare providers, and keep your life in balance as you work toward your goals. The authors' Life Goals Program has already helped hundreds of people with bipolar disorder understand how bipolar works and take charge of their lives. Overcoming Bipolar Disorder makes Life Goals Program techniques available to the public for the first time, giving you the tools you need to create an action plan for symptom management designed specifically for you. You'll also discover how simple changes to your eating, exercise, and sleeping habits can improve your mood and keep symptoms at bay. Overcoming Bipolar Disorder" is about more than just medication. New research shows that learning specific skills to manage bipolar disorder can significantly reduce symptoms and help to maintain long-term balance . It should be an important resource for people living with bipolar disorder and for concerned family members."

-Gregory Simon, MD, MPH, psychiatrist and researcher at Group Health Cooperative in Seattle, WA

作者介绍:

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