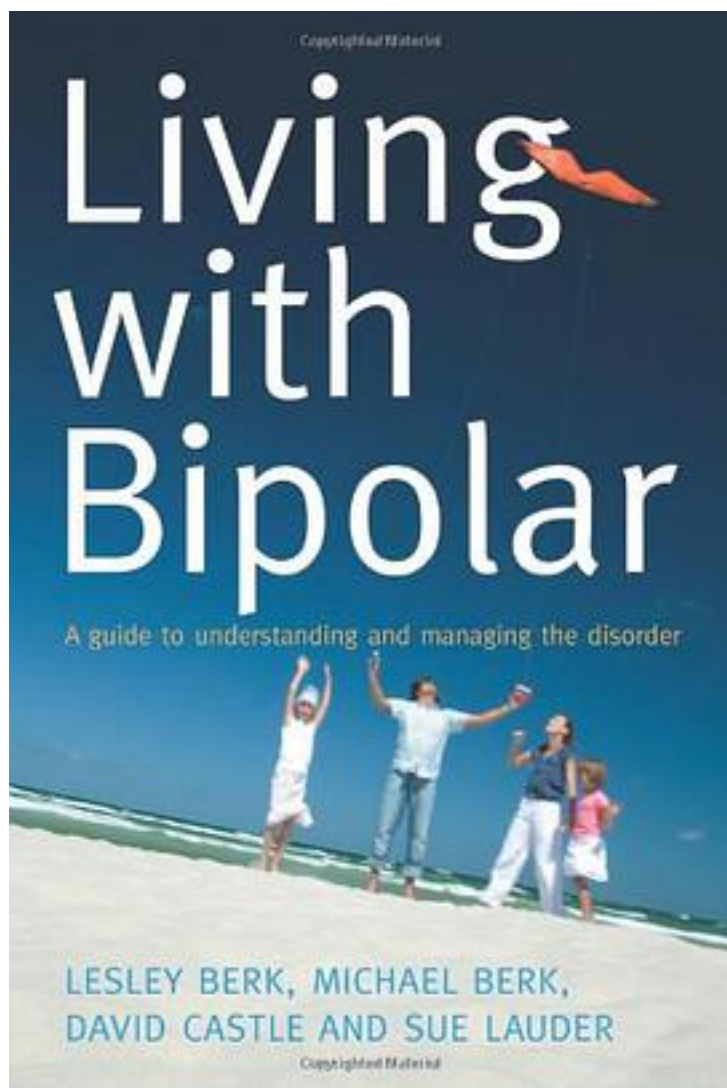


Living with Bipolar



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出版者:

出版时间:

装帧:

isbn:9781741754254

Analyzing an ailment that affects more than half of those suffering from depression, this reference provides practical and comprehensive information about bipolar disorder. Formerly known as manic depression, its mood swings can be extraordinarily disturbing for both the sufferers and those around them. This resource outlines the characteristics of the two main forms--Bipolar I and Bipolar II--their causes and triggers, treatment options, and ways of preventing relapses. With strategies for coping with symptoms and advice for living a healthy lifestyle, this handbook will prove invaluable to those suffering from bipolar disorder as well as their family and friends.

作者介绍:

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