

## Bipolar 101 A Practical Guide To Identifying Triggers Managing Medications Coping With Symptoms And More

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### **Bipolar 101 A Practical Guide**

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Overview. After receiving a bipolar diagnosis, you need clear answers. Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

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### **Bipolar 101 | NewHarbinger.com**

Bipolar 101; a practical guide to identifying triggers, managing medications, coping with symptoms, and more.

### **Bipolar 101; a practical guide to identifying triggers ...**

Bipolar 101 : a Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More.. [Ruth White; John D Preston] -- In Bipolar 101, a mental health advocate who has personal experience with bipolar disorder offers this guide to the ten simple-yet not always easy-essential steps readers need to take to control this ...

### **Bipolar 101 : a Practical Guide to Identifying Triggers ...**

Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and more This book was an excellent resource put together in an easy to read format for anyone who has Bipolar or any family and friends who want to learn more about the disease.

**Bipolar 101: A Practical Guide to... book by John D. Preston**

Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications ... Ruth C. White , John D. Preston Limited preview - 2009 Ruth C. White , John D. Preston No preview available - 2009

**Bipolar - Google Books**

In this article the author - a leading scholar of bipolar disorder - discusses the challenges of differentiating between bipolar disorder and major depressive disorder. Prevalence of unipolar depression is almost four times that of the range of bipolar disorders (including bipolar disorder I, bipolar disorder II and sub-threshold bipolar disorder).

**Bipolar 101: 2015**

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