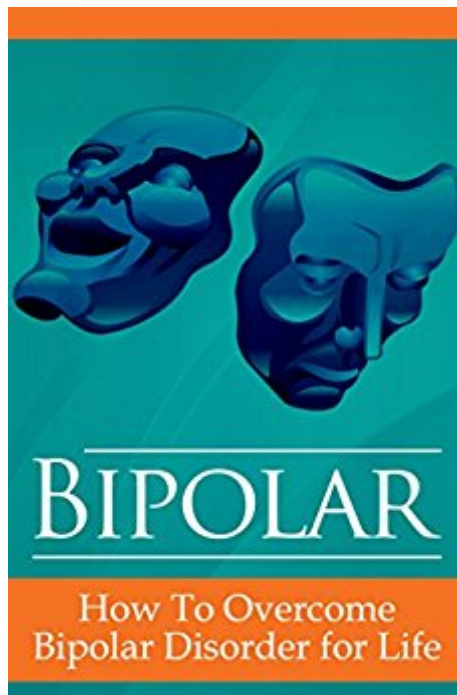


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# BIPOLAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION)



## Synopsis

SECOND EDITION. Are your loved ones battling Bipolar disorder? Do you wish that you could help alleviate the roller-coaster? Do you want to understand and help them fight bipolar disorder and get back their life? If you answered yes, you need this book! You're about to discover strategies on how to fight Bipolar Disorder and get your life back. Millions of people suffer from Bipolar Disorder and throw away their lives and their future because of this destructive condition. Don't let this happen to your loved one! Most people realize how much of a problem this is, but are unable to change their condition, simply because it's been a part of their lifestyle for so long. The truth is, if you are suffering from Bipolar Disorder and haven't been able to change, it's because you are lacking an effective strategy and haven't yet changed your associations to your depression. This book goes into a step-by-step strategy that will help you take control of your life. Why should you buy this book? This book is meant to be a go-to book that people can turn to if they are diagnosed with bipolar. It can also be a book for a person who has a loved one suffering from the illness. It has everything you need to know about the illness, and you will learn about how you can differentiate it from depression. You'll find the answer to questions you may have about the illness, and you will finish reading the book with a fresh perspective. It is meant to educate and inform readers about the illness, and break any walls that separates people from reaching out to one another. In addition, it is well-researched, and presents only factual information on the illness. Here Is A Preview Of What You'll Learn... Do You Have Bipolar Disorder? How To Avoid Bipolar Through Exercises That Improve Sleep Quality Bipolar Disorder and the main forms of the illness How to differentiate Bipolar Disorder from depression The main treatments for Bipolar Disorder How to deal with Bipolar Disorder on a daily basis How to deal with the roller-coaster of emotions and mood swings Relaxation Techniques Advanced Meditation Mindfulness Techniques To Help You Control Bipolar Disorder Concentration & Focus Tips To Surviving Bipolar Disorder Maintaining Good Habits & Stabilizing Your Mood Treating Bipolar Disorder Much, much more! Take action to help your loved one suffering from Bipolar disorder and Download this book now!

## Book Information

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## Customer Reviews

This is such an informative book about Bipolar disorder. I was able to gain some thorough understanding about this order, thanks to this book. It has explained what a Bipolar disorder is really about, its symptoms, types, and its difference from depression. I think this book is very informative and must be read by everyone concerned. You will be guided here!

I recommend it to people who are bipolar, as well as all who love and care about them. The book addresses common misconceptions, and places the responsibility of wellness where it needs to be—with the individual who has the disorder. Highly recommend the content of this particular book.

This book was fantastic for people trying to manage their emotions. The section on cognitive behavioral therapy was useful for taking control of my own emotions. I'm sure you will benefit as well. Recommended.

Bipolar disorder, also known as manic-depressive disorder, is the presence of mood swings in people who oscillate from depressed to elevated manic depressive moods. Mood swings can occur several times a year or several times a day. This book is of great help for those who have the problem of bipolar disorder, or if you have a loved one who suffers from this disease. I like to read this kind of literature and for this reason I took this book. I found that the book is full of great information that can be of great help to those who have contact with patients suffering from this disease.

I do not have bipolar disorder, but I married into a family with several members who have this disorder. I have always questioned whether their illnesses are real or just a cry for constant attention. This book contains information on how to overcome bipolar disorder and helped me to better understand the complexities of the illness. I now have a better handle on why these family members do what they do and how I need to be more patient and understanding instead of being so quick to judge. Great resource that will affect you positively for life.

A difficult thing to focus on when you are suffering from bipolar disorder is when you are reading long texts, whether these are news articles, journals, and especially books, particularly those that are not really your type. Concentration requires a state of calm. If you are suffering from bipolar, there is a great possibility that you will not be able to focus. Stay calm even during the most drastic situations surely this will help you access your thoughts easily.

Great resource. Bipolar is a serious problem and can cause impairment of functioning in individuals. I found this to be an interesting and informative book. It answered a lot of my questions about how to approach bipolar and I liked the length of it. I really liked how it was written to help the reader become very proactive in regards to mental health. If you are looking for a book with some good tips, advice and information then give this one a try.

I've read a ton of books and information online since getting my diagnosis a year ago and found this book to be the best source by far. It is clearly written and extremely comprehensive. It helped me figure out what questions to ask my psychiatrist about meds and other treatment options. It also helped with how to talk about the illness with friends and family. If you buy just one book on bipolar disorder, this should be the one.

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