

Natural Medicine Guide To Bipolar

The Concise Guide to Bipolar Disorder
Bipolar Disorder
Bipolar Disorder
Bipolar Disorder
Clinician's Guide to Bipolar Disorder
The Complete Idiot's Guide to Bipolar Disorder
Mastering Bipolar Disorder
Bipolar Disorder
The Bipolar Disorder Survival Guide, Second Edition
Bipolar Disorder
Bipolar Disorder
The Ultimate Guide
The Bipolar Disorder Survival Guide
Bipolar Guide
Bipolar Disorder
Coping with Bipolar Disorder
Bipolar Disorder
Bipolar Disorder
Living With Bipolar
Bipolar Disorder
Bipolar Disorders: A Comprehensive Guide to Understanding, Diagnosis, and Treatment
Francis Mark Mondimore
Janelle M. Caponigro
Sarah Owen
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David J. Miklowitz
Bobbi Dempsey
Kerrie Eyers
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Steven Jones
Kostas N. Fountoulakis
Sagar V. Parikh
Michael Berk
Francis Mark Mondimore
Ethan D. Anderson

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a concise essential guide to living with bipolar disorder by an internationally known expert when a diagnosis of bipolar disorder enters your life you may not be sure where to turn for accurate information about this potentially devastating but treatable illness whether you yourself have been diagnosed or a spouse parent child friend or employee has developed the illness the need for information and advice is acute presenting the essentials of diagnosis and treatment clearly and succinctly leading psychiatrist dr francis

mark mondimore distills everything you need to know about bipolar disorder in this new indispensable guide in down to earth language dr mondimore explains what bipolar disorder is and how you or your loved one can live your best life with the help of medications therapy the support of family and friends and medical care an extensive list of references is included along with additional suggested reading materials and online resources realistic clinical descriptions and anecdotes reflecting on fascinating historical details associated with this condition provide further information the concise guide to bipolar disorder is an excellent up to date resource for the newly diagnosed or those seeking rapid answers to the most common questions about bipolar disorder past praise for books by francis mark mondimore md offers advice on how to live with bipolar disorder and how not to become its victim large print reviews an enlightened pragmatic and empathic resource for this very complex and challenging illness journal of clinical psychiatry an absolute gold mine for those with the disorder and their families thorough candid and up to date advice full of new possibilities for help kirkus reviews

bipolar disorder a guide for the newly diagnosed is a pocket guide to symptom management treatments medications and more for people who have been recently diagnosed with bipolar disorder includes guidance for processing the diagnosis sharing it with family and friends and finding experts who can help get symptoms under control

written in a highly accessible question and answer format this comprehensive and compassionate guide draws on the latest research a broad range of expert opinion numerous real life voices and personal experiences from people with bipolar with a list of useful resources it is both the perfect first port of call and a reference bible you can refer to time and time again from how to recognize the symptoms to how to explain to a child that their parent has been diagnosed first cousins amanda and sarah who have four close family members diagnosed with the condition explore and explain absolutely everything that someone with bipolar disorder and those who live with and love them needs to know

the vital resource for people with bipolar disorder and their loved ones completely updated compassionate and comprehensive dr francis mondimore s pathbreaking guide has helped thousands of people and their loved ones cope with bipolar disorder now in its third edition bipolar disorder has been thoroughly updated with new information about the causes of the disorder tools for diagnosis and advances in treatment dr mondimore surveys new medications for treating bipolar disorder including asenapine iloperidone

paliperidone lurasidone and oxcarbazepine exploring the benefits and potential side effects of each he also reviews the scientific studies that back up claims for recommended nutritional supplements such as omega 3s and nac and tells you which ones to leave on the shelf dr mondimore discusses recent changes in the diagnostic and statistical manual of mental disorders dsm 5 and reviews the exciting new findings of the largest multicenter evaluation of best treatment practices for bipolar disorder ever carried out the systematic treatment enhancement program for bipolar disorder step bd he describes how these findings gleaned from the treatment experiences of thousands of patients will improve treatment decisions with insight and sensitivity dr mondimore makes complex medical concepts easy to understand and describes what it is like for people to live with bipolar disorder he recommends changes to daily routines and lifestyle that will improve the quality of life for patients and offers expert advice on planning for emergencies and identifying when and how to seek help throughout the book dr mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness

this much needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient s changing needs highly readable accessible and pragmatic the book provides expert guidance on critically important treatment questions it addresses which medications to try and at what dosages what psychosocial interventions are most helpful at different phases of the illness how to continually monitor and fine tune treatment to keep patients functioning well and how to involve family members productively the authors draw on state of the art research as well as extensive clinical experience as a psychotherapist and a psychopharmacologist vivid case material is included throughout reproducible questionnaires and forms can be downloaded and printed in a convenient 8 1 2 x 11 size winner first place american journal of nursing book of the year award psychiatric and mental health nursing category

clear answers on correctly diagnosing and living with bipolar disorder this comprehensive and reliable guide addresses how bipolar disorder is different from other disorders the latest research into bipolar treatments strategies for living with bipolar disorder and much more bipolar disorder is estimated to be the sixth leading cause of disability in the world and the number of americans diagnosed as bipolar may be as high as 10 million the

number of children and teens diagnosed as bipolar has more than tripled since 1994 includes information on parenting a child with bipolar disorder

personal stories from sufferers of bipolar disorder reveal what it s like on the inside their inspiring accounts and wise advice are accompanied by tips from psychiatrists for managing this difficult condition successfully

bipolar disorder is one of the most common and potentially devastating psychiatric illnesses this essential text book provides clinicians with an extraordinarily well balanced and comprehensive overview of rational and research informed contemporary clinical practice in the assessment and medical management of patients with bipolar disorder with the advent of a new generation of treatments there is a resurgence of interest in the pharmacological treatment of bipolar disorders in bipolar disorder clinicians who are faced with making choices from a variety of treatments are instructed how to mold their practice around the long term symptomatic and functional needs of their patients with a focus on pharmacotherapy the foundation of symptomatic treatment bipolar disorder provides the most recent analysis of the data regarding efficacy and safety of medications along with practical guidelines with which treatment choices can be made

this book has been replaced by bipolar disorder survival guide third edition isbn 978 1 4625 3498 2

bipolar disorder formerly called manic depression is a common condition affecting around 1 in 100 adults at some point in their lives worldwide it affects about 254 million people with 2 4 million in the uk the exact nature of someone s illness will be unique to them these moods typically swing between low or depressive with feelings of intense unhappiness and despair and high or manic with feelings of supreme confidence euphoria and boundless energy having bipolar disorder can be a frightening bewildering experience especially before diagnosis and treatment this book will help readers understand bipolar disorder and the kind of help available for the condition it will explain the causes of bipolar disorder its symptoms and effects how a diagnosis is made and how it s possible to lead a happy and fulfilling life by managing the condition with the correct treatments there will also be information for friends and family close to someone with bipolar disorder

has someone close to you been diagnosed with bipolar disorder have you been diagnosed yourself if so then this is the book for you with a helpful question and answer format this invaluable guide reveals everything about the condition and shows how to keep it firmly under control from how to deal with a manic episode to coping with the stigma often associated with mental illness this guide contains the very latest research surrounding the illness that affects one in fifty of us including numerous real life case studies helpful character summaries and a full list of support organizations this accessible blend of advice and insight will inform and empower all those who live with the bewildering turbulence of bipolar disorder

bipolar disorder is a lifelong challenge but it doesn't have to rule your life find the science based information you need in the revised third edition of this indispensable guide trusted authority dr david j miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder learn specific steps to cope with mood episodes reduce recurrences avoid misdiagnosis get the most out of treatment resolve family conflicts and make lifestyle changes to stay well updated throughout the third edition has a new chapter on kids and teens the latest facts on medications and therapy including important advances in personalized care and expanded coverage of the bipolar ii subtype it features boxes on complementary and alternative treatments and provides downloadable practical tools

buy the paperback version of this book and get the ebook version included for free do you know or live with someone who is struggling with bipolar disorder it is not just the victim who is suffering but also the people around who get caught in the emotional storm thankfully it's not a hopeless situation and there are things that can be done to restore a sense of balance to life and that is what this book is all about even though there is no cure there are a lot of things that can be done to ensure a long and satisfying life regaining some semblance of control when someone close to you is dealing with bipolar disorder isn't easy but it can be done and people are doing it successfully all the time since they have the right knowledge and they aren't ashamed to ask for help going in alone isn't the solution asking for help is essential to achieve success in this particular situation and is one of many approaches that are revealed within this book in this book you can expect to learn about what are all the things that can cause bipolar disorder how to recognize signs of bipolar disorder in a person when to seek medical attention numerous treatment

options what does someone with bipolar disorder need to stop doing and much more no one who is suffering from bipolar disorder should be without the necessary knowledge such as the one contained within this book quality of life is achievable but it is necessary to not give up while implementing the appropriate methods and determining if they work or not if you are ready to get more understanding about bipolar disorder and how to minimize its impact on someone s life then scrolling to the buy button and clicking it is the first step

bipolar disorder is one of the most common and potentially devastating psychiatric illnesses this essential text book provides clinicians with an extraordinarily well balanced and comprehensive overview of rational and research informed contemporary clinical practice in the assessment and medical management of patients with bipolar disorder with the advent of a new generation of treatments there is a resurgence of interest in the pharmacological treatment of bipolar disorders in bipolar disorders clinicians who are faced with making choices from a variety of treatments are instructed how to mold their practice around the long term symptomatic and functional needs of their patients with a focus on pharmacotherapy the foundation of symptomatic treatment bipolar disorders provides the most recent analysis of the data regarding efficacy and safety of medications along with practical guidelines with which treatment choices can be made

a guide to coping with bipolar disorder which offers information on all the key areas including medication dealing with stress and using psychological techniques to cope with manic depression coping with bipolar disorder is designed specifically for sufferers of bipolar disorder their carers friends and families it combines definitive coverage of the condition and information about treatment with an approach which encourages patients to manage their own psychological health using cognitive behaviour therapy as well as the more traditional medication regimes the result is a straightforward book that should empower sufferers in addition to giving them necessary advice on such key areas as sleeping habits coping with stress and anger and relating to family and friends

this book examines in detail the diagnostic approach to manic depressive bipolar illness with special reference to the borderline zones with unipolar depression and schizoaffective disorder among other diagnostic issues considered are mixed episodes often misdiagnosed by psychiatrists rapid cycling and the confusion with personality disorders within the context of diagnosis and understanding of the dynamics of bipolar

disorder temperament character and personality are all extensively discussed neurocognitive deficit and disability are covered as are elements of evolutionary biology and behavior with regard to treatment the major focus is on evidence based therapy with reference to the results of randomized controlled trials and meta analyses in addition contemporary guidelines and future trends are examined careful consideration is also given to the psychosocial treatment approach and issues relating to societal and economic costs and burdens

people who have extreme mood swings may have bipolar disorder or manic depressive illness their moods may have nothing to do with things going on in their lives the symptoms of bipolar disorder affect not only mood but also how people think behave and function this guide discusses what bipolar disorder is the symptoms patterns and causes the treatment options what to expect during recovery from an episode of mania or depression how partners and family members can be supportive and helpful this guide will help people with bipolar disorder along with their families and friends to navigate through the highs and lows toward recovery

a practical and authoritative guide to bipolar disorder its causes current treatments and strategies for managing the illness and living well

the vital resource for people with bipolar disorder and their loved ones completely updated winner of the american book fest best book award in health psychology mental health by the american book fest compassionate and comprehensive dr francis mondimore s pathbreaking guide has helped thousands of people and their loved ones cope with bipolar disorder now in its fourth edition bipolar disorder has been totally revised and reorganized to reflect dramatic improvements in the treatment of the illness as well as numerous scientific breakthroughs that have increased our understanding of its causes with insight and sensitivity dr mondimore surveys new medications for treating bipolar disorder including ketamine exploring the benefits and potential side effects reviews the scientific studies that back up claims for recommended botanicals and nutritional supplements such as omega 3s and nac and tells you which ones to leave on the shelf expands the chapter on brain stimulation treatments to include new transcranial magnetic stimulation tms devices and techniques such as deep tms and theta burst tms as well as new details about vagal nerve stimulation describes the emerging field of pharmacogenomics the science of using a patient s genetic profile to improve the

selection and dosing of medications examines the important relationship between bipolar disorder and borderline personality disorder while discussing why one or the other diagnosis is often overlooked in persons who have both lays out recommended lifestyle changes and practical approaches to managing the illness better planning for emergencies building a support system dealing with insurance and legal issues and defining the role of the family a section called what causes bipolar disorder has been added to this new edition dr mondimore also discusses the role that talk therapy including specialized forms of cognitive behavioral therapy and family focused therapy can play in managing the disorder throughout the book dr mondimore has added sidebars on fascinating details about the history of this disorder and its treatment

in the midst of chaos there lies a world of possibilities discover the complexities and challenges of living with bipolar disorder in this comprehensive guide bipolar disorders a comprehensive guide to understanding diagnosis and treatment designed for patients families and professionals this book offers a wealth of information and practical advice for managing the various aspects of bipolar disorder explore the symptoms causes and risk factors of bipolar disorders and learn about the diagnostic criteria and treatment options available gain valuable insights into managing bipolar disorder from developing a treatment plan to identifying and managing triggers understand the critical role of support networks including family friends and support groups learn how to navigate the challenges of bipolar disorder in various aspects of life from relationships and the workplace to substance abuse and suicide prevention this guide also covers special topics such as bipolar disorder in children and adolescents pregnancy creativity financial management travel spirituality aging and more stay informed about emerging research and future directions in the field of bipolar disorder and find inspiration from personal stories and memoirs of individuals who have successfully managed their condition benefit from resources and further reading to deepen your understanding and help others in their journey with bipolar disorder bipolar disorders a comprehensive guide to understanding diagnosis and treatment is the ultimate resource for anyone seeking to better understand this complex mental health condition offering hope guidance and practical advice for a balanced and fulfilling life

If you ally compulsion such a referred **Natural Medicine Guide To Bipolar** books that will offer you worth, acquire the unquestionably best seller from us currently from several

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