



Bipolar Disorder: The Ultimate Guide

Sarah Owen, Amanda Saunders

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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.

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