

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

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

Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More Paperback – February 1, 2009. by Ruth C. White (Author), John D. Preston (Author) 4.4 out of 5 stars 55 ratings. See all 2 formats and editions.

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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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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 serious and challenging condition. --This text refers to the paperback edition.

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