



Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder

Russ Federman, J. Anderson Thomson

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When you travel to a new city, it helps to have a map close at hand. On the first day of school, you need to have your schedule of classes. And if you've been diagnosed with bipolar disorder or suspect you may have it, then it's even more important to have a guidebook within reach.

Facing Bipolar will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. It clearly explains what bipolar disorder is and provides sound guidance for developing the necessary coping skills to manage its impact on your life.

In this book you'll discover:

- How therapy and medications can help
- When and how to tell your friends, roommates, and teachers
- The four key factors that will bring more stability to your life
- How to develop a support network and access college resources
- Ways to overcome the challenges in accepting this illness

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In this 21st millennium, people become competitive in every way. By being competitive at this point, people have do something to make these survives, being in the middle of the actual crowded place and notice through surrounding. One thing that often many people have underestimated the idea for a while is reading. Sure, by reading a guide your ability to survive boost then having chance to stay than other is high. In your case who want to start reading any book, we give you this specific Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder book as beginner and daily reading guide. Why, because this book is greater than just a book.

Willie Grajeda:

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