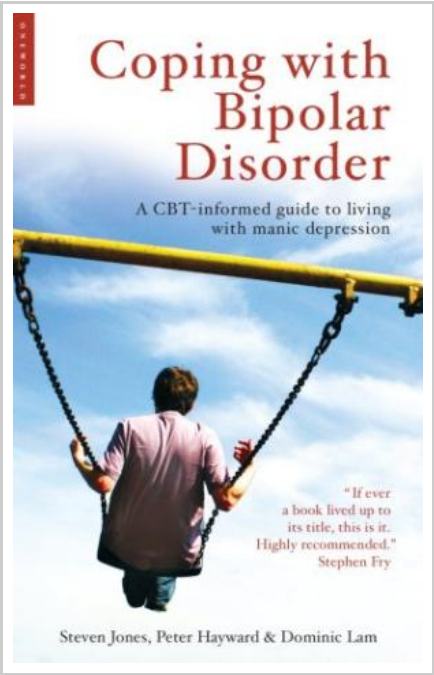


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Coping with Bipolar Disorder: A CBT-informed Guide to Living with Manic Depression (Revised edition)

By Steven Jones, Peter Hayward, Dominic Lam

Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Coping with Bipolar Disorder: A CBT-informed Guide to Living with Manic Depression (Revised edition), Steven Jones, Peter Hayward, Dominic Lam, Fully updated and revised, this new edition of Coping with Bipolar Disorder draws on the combined expertise of three leading specialists to offer a comprehensive and practical guide to the causes, treatment, and implications of bipolar disorder, or manic depression. Designed for people with the condition and those close to them, the authors use cognitive behavioural therapy to provide straightforward help with managing and controlling the condition, featuring advice on such key areas as mood monitoring; managing money; housing and social support; and sustaining happy relationships. With real-life case studies, helpful chapter summaries and a full list of support organizations and web groups, this guide will both inform and empower all those who live with the bewildering turbulence of bipolar disorder.

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