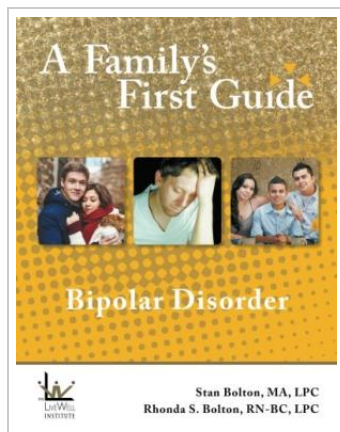




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A Family's First Guide: Bipolar Disorder (Paperback)

By Stan Bolton

Livewell Institute, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When a loved one is diagnosed with bipolar disorder, the entire family feels the impact. From denial and misinformation - to anxiety about everything from the cost of treatment to the safety and harmony of life at home - it's hard to know where to start. Now A Family's First Guide: Bipolar Disorder uses a workbook format to empower you to support your loved one - and everyone in your family. Ready-to-use tools and positive coping strategies for topics that include: * Different types of bipolar disorder, including dual diagnosis * How to help therapists help your loved one * What to do when your loved one (or family members) are in denial * Who belongs on the support teams you create for your loved one and for yourself * Ways to address reckless, impulsive behavior * Early warning signs of mania and depression * What to do in a crisis * From emergency to stability - understanding the treatment plan * Common bipolar medications: costs, effects, side effects * What insurance will and will not cover (and how to reduce...



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