



# **The Everything Health Guide to Adult Bipolar Disorder: Reassuring advice for patients and families (Everything®)**

*Dean Haycock*

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If you or a loved one has been diagnosed with bipolar disorder, it can be overwhelming. New medications, therapies, and lifestyle changes may be recommended. But what are the most effective treatments? With *The Everything Health Guide to Adult Bipolar Disorder, 2nd Edition*, you can take charge and manage your condition, or learn the best ways to support your friend or family member. Dean Haycock, PhD, and Sheldon Whitten-Vile, MD, explain:

- The causes of bipolar disorder
- Common side effects of medications
- Alternative and nontraditional approaches
- Mania and manic episodes
- Links between bipolar and other disorders

This completely revised and updated edition includes the latest treatment options as well as recent studies and classifications. Bipolar disorder is a complex diagnosis. With this positive, supportive guide, you'll find the answers to all your questions—even the ones you haven't thought to ask.

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