



Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More

Ruth C. White

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After receiving a bipolar diagnosis, you need clear answers. 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. The best primer ever written on the topic of bipolar disorder. Stephen Hinshaw, editor of *Psychological Bulletin* and chair of the department of psychology at the University of California, Berkeley Printed with soy-based inks on 100 percent post-consumer waste recycled paper. Forest Stewardship Council (FSC) certified.

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