



Dr. Samuel and Mr. Hyde

Sam S. Barklis M.D.

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This book describes the author's high and low episodes from the onset of his bipolar disorder to the present, a period of forty years. Distinct personality changes occur during mood turbulence--all visualized as various aspects of Mr. Hyde. Thus, Mr. Hyde-high and Mr. Hyde-low are distinct in their behavior and expressions. The goal of bipolars is to suppress highs and lows and live a mood stable life. As the book describes, this is difficult even for a doctor specialized in psychopharmacology. The consequences of repeated mood swings can be devastating, changing the course of the life of bipolars and people with recurrent depression. The text includes much practical material for bipolar and depressive disorders. The last third of the book is a guide for achieving and maintaining a mood stable life. Diagnosis, patient responsibility, medications, shock therapy, and useful strategies for those affected and their families are contained here.

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