



# Coping with Bipolar Disorder: A CBT Guide to Living with Manic Depression

*Steven Jones, Peter Hayward, Dominic Lam*

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**Coping with Bipolar Disorder: A CBT Guide to Living with Manic Depression** Steven Jones, Peter Hayward, Dominic Lam

This readable and empowering book offers much-needed advice on such key areas as sleep habits, coping with stress and anger, and relating to family and friends. The book is practical, realistic, and well focused, emphasising the individual, family and social resources that can and should be used to deal with a condition as complex as bipolar disorder.—Quarterly Journal of Mental Health

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