

Beyond Bipolar

7 Steps
to Wellness



Jane Mountain MD

Beyond Bipolar 7 Steps To Wellness

Jin-Ying Zhang



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Beyond Bipolar Jane Mountain, 2007-10 **Bipolar Disorder** Jane Mountain, 2003-08 Living with Bipolar Disorder Karen R. Brock, M.D., 2014-07-14 Bipolar means more than mood swings and chemical imbalances. It is a genetic brain regulation malfunction causing not only mood but behavioral symptoms. Severity and symptoms vary along a spectrum of disease presentations from a happy positive personality to a moody temperament to chronic and recurrent depressions to classic manic depressive illness. It is a chronic disease with periods of illness as well as remission. Keeping the disease under control requires daily maintenance and vigilance for emerging symptoms. The goal of this book is to help the bipolar person successfully manage his or her illness and live a full and meaningful life. First, the reader will learn all about bipolar disorder: how it presents, how it is diagnosed, how it is passed down in families, and how it affects women as compared to men. Next, the various types of treatment and the logistics of daily maintenance are discussed in detail. Finally, the advantages and disadvantages of bipolar disorder are explored, and the lives of interesting and outstanding historical and current bipolar individuals are examined. Primer of Drug Action Robert M. Julien, Claire D. Advokat, Joseph E. Comaty, 2010-10-08 This updated guide to the effects of psychoactive drugs on the brain and behaviour provides enhanced pedagogy throughout. The book now features a chapter on herbal medicines and their use in treating psychological disorders. **Health and Wellness** , **Health and Wellness** Gordon Edlin, Eric Golanty, 2009-07-16 *The Physician's Guide to Depression and Bipolar Disorders* Dwight L. Evans, Dennis S. Charney, Lydia Lewis, 2006 This concise results-oriented guidebook is designed to aid the physician in detecting, diagnosing, and treating depression and bipolar disorders. This resource also addresses how these disorders coexist with medical illnesses and what the impact is. This book's prescriptive approach offers clear, definitive instructions on drug treatment for each disorder with the exact dosages. **Oxford Textbook of Community Mental Health** Graham Thornicroft, Robert E. Drake, Oye Gureje, Kim T. Mueser, George Szmukler, 2025-01-03 Community mental health has evolved as a field of practice and as a research discipline during the last 50 years. Now, newer concepts such as shared decision making, the recovery approach, evidence-based practice, implementation science, telemedicine, and mobile device technology are adding layers of texture to this domain. These developments require an ever more sophisticated understanding of the very latest evidence and experience in community mental health care to respond to the values, goals, needs, and preferences of people with lived experience of mental health conditions. This second edition of the Oxford Textbook of Community Mental Health addresses recent changes and achievements, current controversies, and future challenges while emphasizing areas of convergence where social values, health, medical sciences, and policy formation converge and meet. This edition also features a new section on global mental health to emphasise what is known about the mental health gap in low and middle income countries and the evidence of how to respond to these huge global challenges. Like community mental health care itself, the authors are multidisciplinary, international, and bring both clinical and scientific perspectives to this

volume This textbook will be an invaluable and authoritative source of reference for all mental health specialists for people with mental health conditions for staff in non governmental and governmental organisations and indeed for all who are dedicated to creating better mental health services and systems The Bipolar Disorder Workbook Peter Forster MD, Gina Gregory LCSW, 2018-10-09 Build real world skills for managing the day to day symptoms of bipolar II and cyclothymia through the practical strategies and exercises in The Bipolar Disorder Workbook Finding stability and fulfillment while living with bipolar disorder or cyclothymia can be challenging But with the right tools it s possible to overcome the symptoms associated with these diagnoses In The Bipolar Disorder Workbook clinical psychiatrist Dr Peter Forster and clinical social worker Gina Gregory help you explore how symptoms like hypomania and depression show up in your daily life and guide you to develop real world skills for facing these everyday challenges The Bipolar Disorder Workbook presents therapeutic ideas tools and techniques that draw from Cognitive Behavioral Therapy CBT and Acceptance and Commitment Therapy ACT Divided into 3 easy to follow parts The Bipolar Disorder Workbook will help you identify the patterns of your symptoms increase the stability of your mood and successfully manage your bipolar disorder or cyclothymia Based on the most up to date research on bipolar disorder and cyclothymia The Bipolar Disorder Workbook offers Compassionate knowledgeable guidance for understanding bipolar disorder and cyclothymia including the mood states that define them and an overview of different approaches to treatment Practical checklists self assessments writing exercises and other workbook features for managing the highs and lows recognizing the warning signs of a mood shift and minimizing the negative impact of bipolar disorder and cyclothymia on your life Thoughtful suggestions for talking with friends and family and creating a support system through a variety of channels such as a treatment team community resources and loved ones Whole Health Strategies for enhancing the connection between your physical health and mood stability Though it can take time deciding to transform one s life is a brave and courageous thing to do Here in The Bipolar Disorder Workbook you ll find the supportive straightforward guidance you need to find relief from the symptoms of bipolar disorder or cyclothymia and begin creating the kind of life you want and deserve **Forthcoming Books** Rose Army, 2001-08

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