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## Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder

By Russ Federman, J.Anderson Thomson

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder, Russ Federman, J.Anderson Thomson, Bipolar disorder can derail a young person on the verge of adulthood if it isn't managed through acceptance and goal-setting. Resistance to the reality of diagnosis is inevitable, but acceptance of treatment is a necessity. "Facing Bipolar" is a book targeted to young adults ages 17 through 25, the most common age range for the onset of bipolar disorder. Both authors have worked with young adults with bipolar illness in this vulnerable time of transition. This book presents their simple plan, which is based on four key components: stability, stress management, self-monitoring, and sleep. Early chapters give readers a crash course in bipolar disorder: what it is, signs and symptoms, and how they can recognize its effect on their lives. Later chapters outline crucial issues such as the importance of medication and psychotherapy, the effects of hypomania (which reinforces denial), the relationship between substance abuse and bipolar disorder, and whether or not to tell others about the disorder. The authors then present their four-step plan for healthy living with bipolar disorder.



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