



Mastering Bipolar Disorder: An Insider's Guide to Managing Mood Swings and Finding Balance

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Gathered from sufferers young and old, these first-hand accounts of individuals with bipolar disorder are equally inspirational, informative, and amusing. They cover all aspects of the disorder, from first symptoms and diagnosis, to times when the disorder is more or less under control. They also emphasize the importance of personal strategies for handling the disorder, such as exercise and support networks alongside medication and professional assistance. Featuring tips from clinicians and the latest research, this is filled with tested and proven solutions for living a happy and healthy life.

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