



# **The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers**

*Wes Burgess*

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# The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers

Wes Burgess

**The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers** Wes Burgess

**The most practical and current resource for children and teens affected by bipolar disorder.**

A practicing psychiatrist specializing in bipolar disorder for nearly twenty years, Dr. Burgess has helped countless children and teens navigate the minefield of mania and depression and lead successful, happy lives. Drawing on the real questions asked by patients and parents and families of affected children, *The Bipolar Handbook for Children, Teens, and Families* tackles every area of the disorder: causes; medical treatment and psychotherapy; strategies for creating a healthy lifestyle; and preventing, coping with, and treating bipolar episodes. More than five hundred questions and answers address:

- ? how to choose the right doctor or specialist for your child;
- ? what treatment and medication protocols are best; and
- ? how to reduce stress to prevent manic and depressive episodes.

Special chapters on practical strategies for academic success, building healthy relationships, issues that specifically affect teens versus smaller children, and coping techniques for families and friends further explore the impact of the disorder on daily life. *The Bipolar Handbook for Children, Teens, and Families* also includes diagnostic criteria from the American Psychiatric Association and the National Institute of Mental Health, making this a versatile guide?perfect for both quick reference and in-depth study.

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Typically the book The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers has a lot info on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. Tom makes some research previous to write this book. This specific book very easy to read you can find the point easily after looking over this book.

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In this particular era which is the greater man or who has ability to do something more are more treasured than other. Do you want to become considered one of it? It is just simple way to have that. What you are related is just spending your time not much but quite enough to experience a look at some books. Among the books in the top record in your reading list will be The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers. This book which can be qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking upward and review this e-book you can get many advantages.

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