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Bipolar disorder Wikipedia

Bipolar disorder, previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood. The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy, or irritable.
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Lithium Medication Bipolar Lives

Lithium medication is still the most researched and proven treatment for bipolar disorder. So why is lithium prescribed less and less? Despite all the misinformation, stigma and stereotypes, it is still the first line treatment for bipolar disorder / manic depression.
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10 Helpful Books About Bipolar Disorder Health

Kay Redfield Jamison, PhD, had already written a bipolar textbook by the time she decided to reveal that she herself had the disorder. An Unquiet Mind, which details her 30-year struggle with
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What to Read Books About Bipolar Disorder and Mental

Other books on bipolar disorder include Lost Marbles: Insights into My Life with Depression & Bipolar by Natasha Tracy. For books about depression, the definitive work is The Noonday Demon: An Atlas of Depression, by Andrew Solomon.
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