

## **THE BIPOLAR DISORDER SURVIVAL GUIDE**



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### **List of people with bipolar disorder Wikipedia**

Numerous notable people have had some form of mood disorder. This is a list of people accompanied by verifiable sources associating them with bipolar disorder (formerly known as "manic depression") based on their own public statements; this discussion is sometimes tied to the larger topic of creativity and mental illness. In the case of dead people only, individuals with a speculative or

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### **Bipolar Disorder Mental Health America**

Bipolar disorder is a mental health disorder characterized by extreme highs and lows in mood and energy. While everyone experiences ups and downs, the severe shifts that happen in bipolar disorder can have a serious impact on a person's life. More than 3.3 million American adults (1.7%) suffer

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### **Psychotherapy for Bipolar Disorder PsychEducation**

(updated 8/2017) [mwm-aal-display] At least 6 psychotherapy approaches for bipolar disorder have been shown to be of benefit when added to for the treatment of bipolar disorder, compared to medications alone.

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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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