



Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You That You Need to Know

By John McManamy

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You That You Need to Know, John McManamy, Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In Living Well with Depression and Bipolar Disorder, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: *

- Diagnosing the problem*
- Associated illnesses and symptoms*
- Treatments, lifestyle, and coping*
- The effects of depression and bipolar disorder on relationships and sex

With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, Living Well with Depression and Bipolar Disorder will help sufferers begin to reclaim their lives.



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