



## The Rookie s Guide to Bipolar Disorder (Paperback)

By Jane Thompson

AUTHORHOUSE, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Rookie s Guide to Bipolar Disorder is a primer for the person who has just been diagnosed with the disorder. It is a how-to to help the person make basic decisions about what to do, and contains basic information about bipolar disorder to help the person understand what is happening to him or her. It is also helpful for persons who are interested in learning more about the disorder to help loved ones. The book contains resources to aid in dealing with the disorder. These include helpful books, access to support groups, websites, message boards, and chat rooms. All these will guide the person with bipolar disorder in learning more about bipolar and how to manage his or her situation.



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