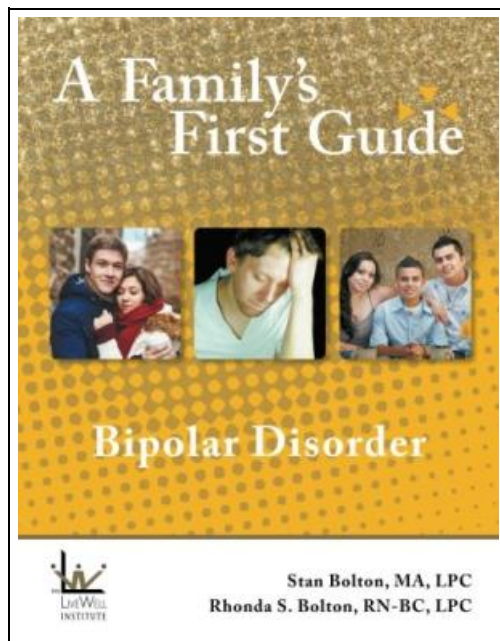


## A Family's First Guide: Bipolar Disorder (Paperback)



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*Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.*

*(Prof. Lela Steuber)*

## A FAMILY S FIRST GUIDE: BIPOLAR DISORDER (PAPERBACK)



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Livewell Institute, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. When a loved one is diagnosed with bipolar disorder, the entire family feels the impact. From denial and misinformation - to anxiety about everything from the cost of treatment to the safety and harmony of life at home - it s hard to know where to start. Now A Family s First Guide: Bipolar Disorder uses a workbook format to empower you to support your loved one - and everyone in your family. Ready-to-use tools and positive coping strategies for topics that include: \* Different types of bipolar disorder, including dual diagnosis \* How to help therapists help your loved one \* What to do when your loved one (or family members) are in denial \* Who belongs on the support teams you create for your loved one and for yourself \* Ways to address reckless, impulsive behavior \* Early warning signs of mania and depression \* What to do in a crisis \* From emergency to stability - understanding the treatment plan \* Common bipolar medications: costs, effects, side effects \* What insurance will and will not cover (and how to reduce medication costs) \* Ways to reduce your loved one s risk of suicide \* How to ease bipolar s impact on family finances \* Ways to help your loved one self-monitor \* How to keep family members roles and responsibilities in healthy balance Practical, real-world guidance from counselors with decades of experience helping bipolar patients and their families. Rhonda Bolton is a Licensed Professional Counselor with 30 years of experience as a Registered Nurse with certification in psychiatric mental health nursing. Stan Bolton is a Licensed Professional Counselor with 40 years of clinical experience, including over 30 years in Community...



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