



Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well

Ruth C. White

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If you buy just one book on bipolar disorder, let this be it.

There's an old saying: "Prevention is better than cure." If you have bipolar disorder, this is especially true. For you, it's incredibly important to read the warning signs of a possible episode. For instance, you may find you are not sleeping as well as usual, or you might be sleeping too much. You may stop doing things that you normally enjoy, or you may start acting out your impulses in ways that alienate those around you or get you into trouble.

While the path to wellness for those with bipolar may involve psychiatric visits and medication adjustments, preventing manic and depressive episodes is the true key to staying healthy and happy. So how do you do it? And most importantly, how can you keep yourself motivated?

In this powerful, breakthrough book, bipolar expert Ruth C. White shares her own personal approach to relapse prevention using the innovative program SNAP (Sleep, Nutrition, Activity, and People). White also offers practical tips and tracking tools you can use anytime, anywhere. By making necessary lifestyle adjustments, you can maintain balanced moods, recognize the warning signs of an oncoming episode, and make the necessary changes to reduce or prevent it.

This is the first and only book on bipolar disorder that focuses exclusively on prevention. To help you stay well, White includes links to helpful online tracking tools so that you can manage your symptoms, anytime, anywhere. If you are ready to stop living in fear of your next episode, this life-changing book can help you take charge of your diagnosis—and your life.

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From reader reviews:

Nellie Kim:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your trouble; you can add your knowledge by the guide entitled Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well. Try to make book Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well as your pal. It means that it can to get your friend when you sense alone and beside associated with course make you smarter than before. Yeah, it is very fortunated in your case. The book makes you considerably more confidence because you can know almost everything by the book. So , let's make new experience and also knowledge with this book.

Matthew Armstrong:

Exactly why? Because this Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book beside it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

Deborah Martins:

Playing with family within a park, coming to see the water world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

Eric Hodges:

The book untitled Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well contain a lot of information on the idea. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do not necessarily worry, you can easy to read that. The book was written by famous author. The author gives you in the new period of time of literary works. You can read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order

it. Have a nice read.

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