



## Bipolar Breakthrough: The Essential Guide to Going Beyond Moodswings to Harness Your Highs, Escape the Cycles of Recurrent Depression, and Thrive with Bipolar II

By Professor Ronald R Fieve

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English. Brand New. More than 30 years ago, Dr. Ronald R. Fieve gained national recognition for his pioneering treatment of what was then known as manic-depression. Since then, he has focused on patients with mild bipolarity, also known as Bipolar II. With the right treatment, these patients can turn their illness into an asset. In this groundbreaking book, Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic highs while minimizing the potentially devastating lows of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, Bipolar Breakthrough includes: Six stay-well strategies for anyone suffering from Bipolar IIThe latest information on cutting-edge medications with fewer side effectsA special section on the complications of a bipolar diagnosis for pregnant women, children, and the elderly With results supported by thousands of patient histories, Dr. Fieve s Bipolar Breakthrough is a landmark work that will help the millions of Bipolar II sufferers live better lives. The accompanying reference guide is included as a PDF on this disc.



## Reviews

Good eBook and helpful one. It really is writter in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was writtern very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II

## Other Books



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



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Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English. Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



No Friends?: How to Make Friends Fast and Keep

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...