



Bipolar Disorder - The Essential Guide

Dan Roberts

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Bipolar disorder, formerly known as manic depression, is a common condition affecting around one in 100 adults. So if you have just been diagnosed, or think you may have bipolar disorder, you are not alone. The good news is that our understanding of this illness, and ability to treat it, has come on leaps and bounds in recent years. With a combination of the right treatment, taking good care of yourself and receiving help and support from friends and family members, you can live a productive, fulfilling life. This book explains what happens when you are first diagnosed, what you can expect from health professionals and what you can do for yourself. It will also help those close to you, explaining what they can do for you and where they can get support if they need it. As with all illnesses, knowledge is power - this book will give you the tools you need to take control of your Bipolar disorder and make the most of your life.

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