Why am I up? Why am I down? (Paperback)

By Roger Granet, Elizabeth Granet

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Violent mood swings.suicidal feelings.unpredictable behavior. Is your life a roller coaster of highs and lows? Do your moods vacillate between profound sadness and euphoria? If so, you may be suffering from bipolar disorder, a complex illness that involves the mood centers of the brain and affects as many as two million Americans. Since bipolar disorder is often misdiagnosed as major depression, an accurate diagnosis is crucial to understanding and managing this often chronic condition. Now this sensitive, authoritative guide explains the challenging nature of bipolar disorder and how to get the right kind of treatment to minimize or prevent future episodes of this devastating illness. Find out: What causes bipolar disorder and who is at risk The symptoms of both manic and depressive episodes and their common triggers How to get the very specific kind of help you need and why early diagnosis is your best bet for successful treatment The latest facts on successfully managing bipolar disorder.why alternative therapies such as meditation and hypnotherapy can actually be dangerous to bipolar sufferers.plus news from the front lines of research.

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