



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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Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the Mall. How about open or perhaps read a book entitled Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well? Maybe it is to get best activity for you. You understand beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have other opinion?

Victor Smith:

Playing with family within a park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

Luann Bowen:

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