



The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers

Wes Burgess

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The most practical and current resource for children and teens affected by bipolar disorder.

A practicing psychiatrist specializing in bipolar disorder for nearly twenty years, Dr. Burgess has helped countless children and teens navigate the minefield of mania and depression and lead successful, happy lives. Drawing on the real questions asked by patients and parents and families of affected children, *The Bipolar Handbook for Children, Teens, and Families* tackles every area of the disorder: causes; medical treatment and psychotherapy; strategies for creating a healthy lifestyle; and preventing, coping with, and treating bipolar episodes. More than five hundred questions and answers address:

- ? how to choose the right doctor or specialist for your child;
- ? what treatment and medication protocols are best; and
- ? how to reduce stress to prevent manic and depressive episodes.

Special chapters on practical strategies for academic success, building healthy relationships, issues that specifically affect teens versus smaller children, and coping techniques for families and friends further explore the impact of the disorder on daily life. *The Bipolar Handbook for Children, Teens, and Families* also includes diagnostic criteria from the American Psychiatric Association and the National Institute of Mental Health, making this a versatile guide?perfect for both quick reference and in-depth study.

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Thomas Baldwin:

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