



Bipolar 101: A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More

Ruth White, John D. Preston

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After receiving a bipolar diagnosis, you need clear answers. **Bipolar 101** is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

The best primer ever written on the topic of bipolar disorder.

-Stephen Hinshaw, editor of Psychological Bulletin and chair of the department of psychology at the University of California, Berkeley

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