



Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series) (Volume 1)

John McManamy

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NOT JUST UP AND DOWN challenges the simplistic notion that bipolar disorder is an episodic illness characterized by extreme shifts in mood from depression to mania. Instead, John McManamy presents a more coherent picture of bipolar as a cycling illness with the brain in perpetual motion, extremely sensitive to nature's slightest whims. In this book, award-winning mental health journalist and author John McManamy seamlessly integrates expert scientific and patient wisdom, as seen through the eyes of someone who must face the daily challenge of his illness. Among other things, you will learn how to distinguish your depressive and manic "traits" from your depressive and manic "states." Not everything is as it seems. You will also gain insights into: *The bipolar spectrum, which overlaps with depression and anxiety and personality. *The mysterious interplay between genes and environment and temperament. *Your own true "normal," which needs to be regarded as a mood episode in its own right. *Your own anomalous behaviors, ranging from creativity to road rage to exuberance to thinking deep. *The bipolar's dilemma, namely: Do you take a chance on exerting yourself and thus risk triggering a mood episode, or do you play it safe, only to succumb to isolation and despair? In the process of learning to "know thyself," you will grow to take stock in yourself and become your own expert patient, in a position to manage your own recovery and set your own goals in life. "John McManamy has produced a brilliant book, north of normal, south of crazy. It's as good an education about depression and manic states, and about psychiatry in general, as I've seen in one place, written from a first-person perspective of someone who's experienced what he's writing about. It's well-informed, based on careful study, explaining complex concepts simply but not simplistically, citing all the right people, and the wrong ones too (on purpose). Read it, and it'll cure you of your average-itis." - Nassir Ghaemi, Professor of Psychiatry, Director, Mood Disorders Program, Tufts Medical Center

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Reading can called imagination hangout, why? Because if you find yourself reading a book specially book entitled Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series) (Volume 1) your mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will end up your mind friends. Imaging just about every word written in a e-book then become one application form conclusion and explanation in which maybe you never get before. The Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series) (Volume 1) giving you yet another experience more than blown away your mind but also giving you useful info for your better life in this particular era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

Joycelyn Chambers:

This Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series) (Volume 1) is great book for you because the content that is certainly full of information for you who always deal with world and have to make decision every minute. That book reveal it details accurately using great organize word or we can claim no rambling sentences included. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but difficult core information with splendid delivering sentences. Having Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series) (Volume 1) in your hand like having the world in your arm, facts in it is not ridiculous just one. We can say that no reserve that offer you world inside ten or fifteen second right but this publication already do that. So , this is good reading book. Hello Mr. and Mrs. active do you still doubt which?

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Walter Telford:

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