

The Wellness Workbook For Bipolar Disorder Your Guide To Getting Healthy And Improving Your Mood

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The Wellness Workbook For Bipolar

Studies show there is a clear link between bipolar disorder and obesity-related illnesses. In this workbook, a leading Harvard Medical School researcher and bipolar expert presents a step-by-step, evidence-based behavioral lifestyle program to help people with bipolar disorder live healthy lives, regulate moods, and lose weight.

The Wellness Workbook for Bipolar Disorder: Your Guide to ...

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The Wellness Workbook for Bipolar Disorder. The Bipolar II Disorder Workbook. Andrew A Nierenberg (Foreword by) Andrew A. Nierenberg, MD, is director of the Bipolar Clinic and Research Program and associate director of the Depression Clinic and Research Program at Massachusetts General Hospital, and professor of psychiatry at Harvard Medical School.

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The wellness workbook for bipolar disorder : your guide to getting healthy & improving your mood. [Louisa Grandin Sylvia] -- "Studies show there is a clear link between bipolar disorder and obesity-related illnesses. In this workbook, a leading Harvard Medical School researcher and bipolar expert presents a step-by-step....

The wellness workbook for bipolar disorder : your guide to ...

Written by an extremely accomplished team of bipolar experts, The Bipolar II Disorder Workbook is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition.

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Discover how this workbook will help you take control of your symptoms. T. his workbook is designed to guide you through the process of learning what you can do, in addition to taking medication regularly, to control your symp toms of bipolar disorder. There is a lot you can accomplish.

Sample Chapter: The Bipolar Workbook: Tools for ...

A 2014 review concluded that "The evidence demonstrates that bipolar disorder-specific psychotherapies, when added to medication for the treatment of bipolar disorder, consistently show advantages over medication alone on measures of symptom burden and risk of relapse ... those who receive bipolar disorder-specific psychotherapy fare better ...

Bipolar Disorder (Manic Depression) Worksheets ...

When you are experiencing a manic or depressive episode, making healthy lifestyle choices is probably the last thing on your mind. That's why The Wellness Workbook for Bipolar Disorder offers guidance to help you implement healthy changes into your daily life-one step at a time.

The Wellness Workbook for Bipolar Disorder - Louisa ...

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DBSA Wellness Wheel Living with depression or bipolar disorder can demand a lot of you. Wellness comes from knowing your strengths and finding ways to move forward, one step at a time. The DBSA Wellness Wheel is an easy-to-use tool that gives you a complete picture of the progress you've already made in your wellness journey.

DBSA Wellness Wheel - Depression and Bipolar Support Alliance

Social wellness describes the quality of relationships you have with other people and how you connect with your community. When you live with depression or bipolar disorder, building and keeping relationships can be challenging. The DBSA Wellness Wheel can help you think through ways to create relationships that are healthy and nurturing.

DBSA Wellness Wheel: Your Social Wellness - Depression and ...

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The wellness workbook for bipolar disorder : improve your ...

DBSA envisions wellness for people who live with depression and bipolar disorder. Because DBSA was created for individuals living with mood disorders, our vision, mission, and programming are always informed by the personal, lived experience of peers.

Wellness Toolbox - Depression and Bipolar Support Alliance

In this workbook, a leading Harvard Medical School researcher and bipolar expert presents a step-by-step, evidence-based behavioral lifestyle program to help people with bipolar disorder live healthy lives, regulate moods, and lose weight.