



The Everything Health Guide To Adult Bipolar Disorder: Reassuring Advice to Help You Cope (Everything®)

Jon P. Bloch, Jeffrey Naser

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For those with family members or friends diagnosed with adult bipolar disorder, as well as those who suffer from the disorder themselves, learning to cope is critical. Written in a sensitive, accessible manner, The Everything Health Guide to Adult Bipolar Disorder is the comprehensive resource readers need, revealing in compassionate, straightforward terms what bipolar disorder is, what the symptoms are, how to get a diagnosis, and what types of treatment are available. Includes professional advice on: Different types of mood disorders; Medications and available treatments; Making lifestyle adjustments; Multiple diagnoses with bipolar disorder. The Everything Health Guide to Adult Bipolar Disorder provides positive, supportive information for those coping with this complex disorder. Dr. Jon P. Bloch, Ph.D. is an associate professor of sociological anthropology at Southern Connecticut State University. He received his M.A. and Ph.D. from Indiana University. Dr. Bloch teaches courses in social psychology, intimacy patterns, and identity formation. He has published many articles in scholarly journals and is the author of several books. Jeffrey Naser, M.D. is the technical reviewer for The Everything Parent's Guide to Children with Bipolar Disorder. He is board-certified in general psychiatry, child and adolescent psychiatry, and forensic psychiatry. He is co-owner and medical director of Main Line Clinical Associates in Wayne, PA.

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