



Bipolar Disorder (A Johns Hopkins Press Health Book)

Francis Mark Mondimore

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Compassionate and comprehensive, Dr. Francis Mondimore's pathbreaking guide has helped thousands of people and their loved ones cope with bipolar disorder. Now in its third edition, *Bipolar Disorder* has been thoroughly updated with new information about the causes of the disorder, tools for diagnosis, and advances in treatment. Dr. Mondimore surveys new medications for treating bipolar disorder, including asenapine, iloperidone, paliperidone, lurasidone, and oxcarbazepine, exploring the benefits and potential side effects of each. He also reviews the scientific studies that back up claims for recommended nutritional supplements, such as omega-3s and NAC—and tells you which ones to leave on the shelf.

Dr. Mondimore discusses recent changes in the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* and reviews the exciting new findings of the largest multicenter evaluation of best-treatment practices for bipolar disorder ever carried out, the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD). He describes how these findings, gleaned from the treatment experiences of thousands of patients, will improve treatment decisions.

With insight and sensitivity, Dr. Mondimore makes complex medical concepts easy to understand and describes what it is like for people to live with bipolar disorder. He recommends changes to daily routines and lifestyle that will improve the quality of life for patients and offers expert advice on planning for emergencies and identifying when and how to seek help. Throughout the book, Dr. Mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness.



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From reader reviews:

Rina Reese:

This Bipolar Disorder (A Johns Hopkins Press Health Book) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This Bipolar Disorder (A Johns Hopkins Press Health Book) without we recognize teach the one who reading through it become critical in contemplating and analyzing. Don't possibly be worry Bipolar Disorder (A Johns Hopkins Press Health Book) can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it inside your lovely laptop even mobile phone. This Bipolar Disorder (A Johns Hopkins Press Health Book) having excellent arrangement in word along with layout, so you will not experience uninterested in reading.

Stacey Williams:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a publication. The book Bipolar Disorder (A Johns Hopkins Press Health Book) it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore simply to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Dorothy Saunders:

Reading can called head hangout, why? Because while you are reading a book specifically book entitled Bipolar Disorder (A Johns Hopkins Press Health Book) your brain will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely can be your mind friends. Imaging each word written in a e-book then become one form conclusion and explanation that maybe you never get ahead of. The Bipolar Disorder (A Johns Hopkins Press Health Book) giving you a different experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us demonstrate the relaxing pattern is your body and mind will be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Debbie Yarborough:

A lot of people said that they feel bored stiff when they reading a guide. They are directly felt the idea when they get a half portions of the book. You can choose the book Bipolar Disorder (A Johns Hopkins Press Health Book) to make your current reading is interesting. Your own skill of reading skill is developing when you similar to reading. Try to choose very simple book to make you enjoy to study it and mingle the

sensation about book and studying especially. It is to be initial opinion for you to like to open up a book and study it. Beside that the publication Bipolar Disorder (A Johns Hopkins Press Health Book) can to be your brand new friend when you're feel alone and confuse in what must you're doing of their time.

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