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Juggling Your Bipolar Life: New, Successful Ways of Treating and Dealing With Bipolar Disorder

Christine Schloder

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Accepting that you have bipolar illness is the first step in getting well. The second is wanting help. Finally, you must be willing to make the changes required to better your life.If you suffer from bipolar disorder, only the most current information will help you effectively utilize treatment methods. Through Juggling Your Bipolar Life, you'll become familiar with a groundbreaking symptom-charting system developed by author and bipolar disorder sufferer Christine Schloder.Juggling Your Bipolar Life focuses on helping you better communicate your symptoms to your doctor to give him or her a clearer understanding of your needs. Learn to gain control of your ups and downs, thus making your manic and depressed episodes less frequent and severe.One can think of the essentials of living optimally with bipolar disorder as the "three rights": right diagnosis, right treatment, and right behavior or attitude. Finding the correct treatment, choosing the right thoughts, and having a positive attitude can make the biggest difference in your recovery. Let Juggling Your Bipolar Disorder give you the necessary tools to create a happier, healthier life!

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