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Lithium for Bipolar Disorder a Guide for Patients (Bipolar Information)

Nick Stafford

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This is a guide for patients on the use of lithium in bipolar disorder and is part of the bipolar information series giving detailed information on lithium in bipolar disorder. It contains everything you need to know about lithium and its use in bipolar disorder. Dr Nick Stafford is a consultant psychiatrist in the Midlands of the UK. He has a clinical and research interest in bipolar disorder and has established mental health services for people with mood disorders. He writes for the medical journals, the popular press and believes in making psychiatry clear and understandable to a broad audience. He advocates that quality information is the cornerstone of good recovery from mental illness. He lectures the public, psychiatrists and other medical professionals on bipolar disorder and is the Vice Chairman of Bipolar UK (formerly MDF the Bipolar Organisation) a national UK bipolar charity. Published by My Mind Books 2011

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