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## Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well

By Ruth C. White

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well, Ruth C. White, If you buy just one book on bipolar disorder, let this be it. There's an old saying: "Prevention is better than cure." If you have bipolar disorder, this is especially true. For you, it's incredibly important to read the warning signs of a possible episode. For instance, you may find you are not sleeping as well as usual, or you might be sleeping too much. You may stop doing things that you normally enjoy, or you may start acting out your impulses in ways that alienate those around you or get you into trouble. While the path to wellness for those with bipolar may involve psychiatric visits and medication adjustments, preventing manic and depressive episodes is the true key to staying healthy and happy. So how do you do it? And most importantly, how can you keep yourself motivated? In this powerful, breakthrough book, bipolar expert Ruth C. White shares her own personal approach to relapse prevention using the innovative program SNAP (Sleep, Nutrition, Activity, and People). White also offers practical tips...



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