



# Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers

*E Fuller and Michael B Knable. Torrey*

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Surviving Manic Depression is the most authoritative book on this disorder, which affects more than two million people in the U.S. alone. Based on the latest research, it provides detailed coverage of every aspect of manic depression-from understanding its causes and treatments to choosing doctors and managing relapses-with guidance drawn from the latest scientific information. Drs. Torrey and Knable provide thorough, up-to-date coverage of all aspects of the disease, including a detailed description of symptoms (with many direct descriptions from patients themselves), risk factors, onset and cause, medications (including drugs still in the testing stage), psychotherapy, and rehabilitation, as well as information about how the disease affects children and adolescents. Here too are discussions of special problems related to manic depression, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. Surviving Manic Depression also includes special features such as a listing of selected websites, books, videotapes, and other resources.



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