

Explaining Bipolar Disorder

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Introduction

This book is intended to provide a comprehensive overview of the condition known as bipolar disorder. The book aims to be of use to those who have the condition and also family and friends who are affected by the condition.

What is bipolar disorder?

Bipolar disorder is the term used to describe what was once known as manic depression. Bipolar disorder causes serious shifts in mood, energy, thinking and behaviour.

Essentially, if you have bipolar disorder you will experience extreme swings in mood-from periods of hyperactivity, known as 'mania' or 'manic episodes' to deep depression. Some people also see or hear things around them that others don't (known as visual or auditory hallucinations) or have uncommon, unshared beliefs (known as delusions). In periods of calm, usually through some form of medication, you will find yourself 'level' and behaving normally.

This book provides a comprehensive overview of all aspects of bipolar and dealing with the condition.