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TWO BIPOLAR CHICKS

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TIPS FOR LIVING WITH BIPOLAR DISORDER

Wendy K. Williamson
— ♀ —
Honora Rose

Two Bipolar Chicks Guide To Survival Tips For Living With Bipolar Disorder

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Two Bipolar Chicks Guide To Survival Tips For Living With Bipolar Disorder:

Two Bipolar Chicks Guide To Survival Wendy K. Williamson and Honora Rose, 2014-07-22 From the Two Bipolar Chicks Wendy K Williamson and Honora Rose comes this survival guide disguised as a low key how to manual From their wellness vaults they compiled three decades worth of tips for you Filled with insightful anecdotes and personal viewpoints which can differ Wendy and Honora steer you through the swamps of bipolar disorder and teach you how to dodge the alligators From advice on medication to their own personal journeys with acceptance you ll pick up tips on managing depression and mania There is plenty of factual advice and information on treatments and tidbits for the novice the pros and everyone in between It could be an asset to anyone navigating the bipolar waters Two Bipolar Chicks Guide to Survival Tips for Living with Bipolar Disorder is the consummate bipolar mix of everything you ll want and need inside The most delicious part is it isn t bogged down with scientific jargon though they do explain what you need to know You ll hear more from the author you ve grown to love and the co author you soon will It s their personal insight that will make this a unique book Divulging tidbits from manic sex and internet sites to how to not blow your life savings when in a manic episode they blow the lid off telling it like it is You wanted to know more and here it is Wendy has also brought in her editor and partner Honora to double the fun Wendy K Williamson is the author of the best selling inspirational memoir I m Not Crazy Just Bipolar This is the book you wanted her to write next more tips more about wellness more information Voila The Two Bipolar Chicks Guide To Wellness Tips for Living with Bipolar Disorder was born You ll receive an education about treatments including their own experience with Cognitive Behavioral Therapy CBT and Electroconvulsive Therapy ECT You ll learn the importance of medication management and that not all generics or doctors were created equal They ll tell you how crucial little details can be from pill trays to choosing your pharmacy to locking up the credit cards when manic Wendy and Honora will tell you what has worked and not worked for them This book is designed to fill in the gaps of the scientific ones and keep you entertained so you won t fall asleep Wendy K Williamson has been positively reviewed by Publisher s Weekly and National Alliance on Mental Illness The Advocate She also currently blogs for BPHope com Together Wendy and Honora run The Red Bank Writers Group www.twobipolarchicks.com www.wendykwilliamson.com **Birth of a New Brain** Dyane

Harwood, 2017-10-10 After the birth of her baby triggers a manic maelstrom Dyane Harwood struggles to survive the bewildering highs and crippling lows of her brain s turmoil Birth of a New Brain vividly depicts her postpartum bipolar disorder an unusual type of bipolar disorder and postpartum mood and anxiety disorder During her childhood Harwood grew up close to her father a brilliant violinist in the Los Angeles Philharmonic who had bipolar disorder She learned how bipolar disorder could ravage a family but she never suspected that she d become mentally ill until her baby was born Harwood wondered if mental health would always be out of her reach From medications to electroconvulsive therapy from redwood forest baths to bibliotherapy she explored both traditional and unconventional methods of recovery in between harrowing

psychiatric hospitalizations Harwood reveals how she ultimately achieved a stable mood She discovered that despite having a chronic mood disorder a new richer life is possible Birth of a New Brain is the chronicle of one mother s perseverance offering hope and grounded advice for those battling mental illness Bipolar Disorder For Dummies Candida Fink,Joe Kraynak,2015-11-09 Understand the realities of bipolar disorder When one receives the diagnosis that they or a loved one has bipolar disorder it can be a time of fear and worry Bipolar Disorder For Dummies 3rd Edition explains the brain chemistry behind the disease and covers the latest medications and therapies You ll get reassuring sound advice and self help techniques that you and your loved ones including kids and teens can use to ease and eliminate symptoms function in times of crisis plan ahead for manic or depressive episodes and feel a whole lot better This new edition will include new and updated content on genetics biochemistry and imaging studies relevant to bipolar expanded coverage on how to handle the high costs of treatment and supporting a loved one who may not want help medications and treatment options including DSM 5 ECT and TMS along with new coverage on special populations how bipolar affects different groups like women and various ethnic groups and special populations like seniors and expectant moms Bipolar disorder which has also been called manic depressive illness is a brain disorder that causes unusual mood swings and shifting energy levels The symptoms of bipolar disorder can if not understood and handled properly wreak havoc on personal and professional relationships Though bipolar disorder is a serious condition it s one that can be treated With a firm understanding of what you re dealing with you can navigate your way through the challenges of bipolar disorder whether you or a loved one suffers from this illness Recognize the warning signs of mania and depression which may point to bipolar disorder Understand where to find the latest treatment options Stay on track with personal and professional aspects of life Effectively and compassionately respond to rants depression mania and other behaviors associated with bipolar disorder Bipolar Disorder For Dummies 3rd Edition offers straightforward reassuring information about bipolar disorder to help you or your loved one conquer the disease

Bipolar Disorder Richard Spilsbury,2018-07-15 Readers of this informative text will find that recently doctors have come to understand five main types of bipolar disorder as well as a spectrum of issues that share some symptoms with it Emotional triggers stress trauma and even seasons can cause different mood episodes for different people with bipolar disorder and this book explores the various routes people can take to determine the best ways to treat and cope with their individual cases Readers will also learn the genetic component of bipolar disorder as well as engage with the current discussion about gene therapy and what it could mean for those with bipolar disorder in the future *I'm Not Crazy Just Bipolar* Wendy Williamson,2014-05-21 A memoir skillfully filtering depression and mania much like a photographer would shoot through a lens This is a vastly informative and entertaining book by popular two time bestselling author and Huff Post contributor Williamson s prose is direct and thankfully not given to flowery language or circumspectness about her condition The book is straightforward and the author achieves something difficult in a memoir she remembers feelings from a period of her life

while still providing distance and perspective Williamson's analysis of the mental health field and mental health professionals is insightful without being preachy and she presents her story with grace and humor Publisher's Weekly Skillfully weaves together several levels of a young woman's life It is like its title an assertion that a life touched by bipolar disorder is still a life with its own logic The book does a great job at describing that logic The Advocate National Alliance on Mental Illness NAMI **I'm Not Crazy Just Bipolar** Wendy K. Williamson,2010-11-09 Just as a photographer might shoot a photo through a colored lens Wendy Williamson skillfully holds up the filter of mania and depression for her reader to peer through With heart wrenching honesty and humor she shows the effects of bipolar disorder on the mind body and soul of those who suffer from it Publisher's Weekly says Williamson's prose is direct and thankfully not given to flowery language or circumspectness about her condition The book is straightforward and the author achieves something difficult in a memoir she remembers feelings from a period of her life while still providing distance and perspective Williamson's analysis of the mental health field and mental health professionals is insightful without being preachy and she presents her story with grace and humor National Alliance on Mental Illness The Advocate skillfully weaves together several levels of a young woman's life it is like its title an assertion that a life touched by bipolar disorder is still a life with its own logic The book does a great job at describing that logic **Mattie, Milo, and Me** Anne Abel,2025-07-30 Anne grew up in an abusive home leading to severe depression and a determination to do better as a mother One of her sons wants a dog from the time he is a baby Anne very much does not For years she appeases him with creatures who live in cages and tanks but on his tenth birthday she can no longer say no and she proceeds to fall in love with their new four legged family member Mattie Then Mattie dies a sudden and tragic death and Anne feels herself begin to sink back into depression Trying to cope she immediately adopts Milo a dog who unbeknownst to her has already been returned to the rescue by several families due to his aggressive behavior But even after she realizes Milo is dangerous she's committed to trying to give him a chance at a good life Anne's journey takes the reader from dog school into the deep woods as she perseveres with Milo's lifelong rehabilitation and her unwavering efforts to be a good mother to her sons Working with Milo strengthens Anne and expands her ability to love Ten years later when Milo dies Anne faces another choice close the door to that part of her heart or risk loving another dog after two tragic losses

Library Journal ,2002 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **My Kind of Sad** Kate Scowen,2006-03-04 A guide to depression and its treatment for kids 13 and up with topics such as mood vs mood disorders bipolar disorder anxiety self mutilation etc Includes quotes from teen sufferers and an afterword by a youth psychiatrist Varcarolis' Foundations of Psychiatric Mental Health Nursing - E-Book Margaret Jordan Halter,2013-08-19 NEW DSM 5 guidelines from the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders are fully incorporated in the text and include updated NANDA content NEW coverage of QSEN competencies highlights

topics such as safety communication and evidence based practice NEW coverage of trauma stressor related and dissociative disorders discusses how to deal with common reactions the nurse may experience while working with a patient who has suffered trauma NEW content on child and adolescent psychiatric mental health nursing addresses neurodevelopmental disorders in pediatric patients NEW coverage of key topics and emerging nursing trends help you stay current with best practices in the field including an illness prevention approach to psychiatric disorders and an increased focus on genetics and genomics NEW photos and illustrations depict and clarify key concepts **Varcarolis' Foundations of Psychiatric Mental Health Nursing** Margaret Jordan Halter, 2014 Rev ed of Foundations of psychiatric mental health nursing edited by Elizabeth M Varcarolis Margaret Jordan Halter 6th ed c2010 Hands Off My Belly Shawn A. Tassone, 2009-12-30

Expectant mothers are virtual magnets for unsolicited advice Mothers grandmothers aunts sisters sisters in law new mothers friends and even strangers offer what seems to be an endless supply of supposedly authoritative opinions on every aspect of pregnancy A craving for spicy food denotes a boy Carrying the baby low denotes a girl Besides gender predictions a pregnant woman is also apt to acquire an earful of advice about miscarriage dietary habits and cravings hair growth weight gain and childbirth And of course everyone wants to touch her belly In this engaging humorous and very informative book Drs Shawn A Tassone and Kathryn Landherr experienced obstetricians and gynecologists a husband and wife team of physicians and parents of four children explore the most common superstitions and myths surrounding pregnancy From their combined twenty years of work in a clinic as well as their own parenting experience the authors review the anecdotes and beliefs from the slightly unusual to the stranger than fiction and compare them with the scientific evidence Moving through each stage from the early weeks of pregnancy to delivery they examine the legends about diet gender identification preterm labor the umbilical cord initiating labor and the size and movement of the fetus As they detail the scientific perspective on these varied and often amusing beliefs the authors not only entertain but provide a great deal of practical information which will ease the fears and anxieties of expectant parents as well as clear up many confusing notions If you are pregnant you owe it to yourself to get this book Better yet suggest it as the perfect shower gift to all those well meaning advice givers *The Library Journal* ,1998-04 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Index Medicus* ,2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings **The Washington Post Index** ,2009 Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction American Book Publishing Record ,2002 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 Forthcoming Books Rose Army, 2002 **The New York Times Index** ,2009

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