



Bipolar Disorder: The Two Faces Understanding Bipolar Disorder Symptoms

Dana Tebow

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When your moods and energy levels unpredictably swing from one extreme to another, it can be a challenge to merely go through life each day. While bipolar disorder is treatable today, there is no cure for it. In these circumstances, it's important that you have a thorough plan to guide you through life. When you live with bipolar disorder, your unpredictable ability to sleep, your mood swings and the side effects of your medications can make life difficult to manage. An important step to take towards bringing all this unpredictability under control would be to put down everything that you can about your life in a journal. Once you have a few pages filled, you can begin to take your journal to your consultations with your doctor. Your notes can be an invaluable guide to the doctor as he works out a medication plan. Dana Tebow's book helps you to understand Bipolar Disorder and the symptoms.

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