



Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out

Hilary Smith

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"I wrote *Welcome to the Jungle* because it's the book I should have been given when I was diagnosed." Bipolar disorder is one of the most commonly diagnosed psychiatric conditions among teens and twentysomethings, yet there are few books out there written specifically for this demographic.

This revised edition comes with a new foreword by the author, a revised and expanded discussion on diagnosis, an updated chapter on medication, a new chapter on alternative approaches, a revised and expanded chapter on symptoms, and updated resources. New research on the causes and risk factors for bipolar disorder are also included along with tools for observing patterns and making gentle changes to daily routines that can have a profound effect.

Going bravely where no other bipolar book has gone before *Welcome to the Jungle* offers devastatingly on-target, honest?and riotously funny?insights into living with bipolar and answers some of the hardest questions facing people newly diagnosed.



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From reader reviews:

Paul Skeens:

This Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This specific Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out without we recognize teach the one who reading through it become critical in pondering and analyzing. Don't end up being worry Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out can bring any time you are and not make your carrier space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out having great arrangement in word and layout, so you will not experience uninterested in reading.

Evelyn Rodrigue:

Now a day individuals who Living in the era everywhere everything reachable by connect with the internet and the resources inside can be true or not demand people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Reading through a book can help persons out of this uncertainty Information specifically this Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out book because this book offers you rich details and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it everybody knows.

Donald Spada:

Reading a publication tends to be new life style within this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can share their idea. Guides can also inspire a lot of people. Many author can inspire their particular reader with their story or even their experience. Not only the story that share in the books. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out.

Keith Reese:

The book untitled Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out contain a lot of information on it. The writer explains the woman idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read this. The book was written by famous author. The author will take you in the new period of literary works. It is easy to read this book because you can read

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