



# Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder

*Russ Federman, J. Anderson Thomson*

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When you travel to a new city, it helps to have a map close at hand. On the first day of school, you need to have your schedule of classes. And if you've been diagnosed with bipolar disorder or suspect you may have it, then it's even more important to have a guidebook within reach.

**Facing Bipolar** will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. It clearly explains what bipolar disorder is and provides sound guidance for developing the necessary coping skills to manage its impact on your life.

In this book you'll discover:

- How therapy and medications can help
- When and how to tell your friends, roommates, and teachers
- The four key factors that will bring more stability to your life
- How to develop a support network and access college resources
- Ways to overcome the challenges in accepting this illness

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