



## Why am I Still Depressed?: Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder

By Jim Phelps

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Why am I Still Depressed?: Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder, Jim Phelps, Tried everything but still not feeling better? If your depression keeps coming back or is even getting worse, then you may be suffering from bipolar II or "soft" bipolar disorder. Commonly misdiagnosed, these mood disorders are characterized by recurring bouts of depression along with anxiety, irritability, mood swings, sleep problems, or intrusive thoughts. Why Am I Still Depressed? shows you how to identify if you have a nonmanic form of bipolar disorder and how to work with your doctor to safely and effectively treat it. Author James R. Phelps, M.D., gives you the latest tools and knowledge so you can: Understand the Mood Spectrum, a powerful new tool for diagnosis Know all your treatment options, including mood-stabilizing medications and research-tested psychotherapies Examine the potential hazards of taking antidepressant medications Manage your condition with exercise and lifestyle changes Help family and friends with this condition understand their diagnosis and find treatment.



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