



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

*Hilary Smith*

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*Hilary Smith*

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

"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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#### **Thelma Price:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out can be good book to read. May be it could be best activity to you.

#### **Dena Jacobs:**

Precisely why? Because this Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your talent and your critical thinking approach. So , still want to delay having that book? If I ended up you I will go to the e-book store hurriedly.

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