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Descrizione fisica	1 online resource (218 p.)
Altri autori (Persone)	SylviaLouisa Grandin Reilly-HarringtonNoreen A
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Note generali	Description based upon print version of record.
Nota di contenuto	Introduction; Part 1; Understanding Bipolar Disorder; Chapter 1; What Is Bipolar II Disorder?; Chapter 2; Understanding the Treatments for Bipolar II Disorder and a Guide to Using This Book; Chapter 3; Applying Acceptance to Bipolar II Disorder; Part 2; How to Manage Depressive Episodes; Chapter 4; Recognizing the Symptoms of Bipolar II Depression; Chapter 5; Modifying Your Thinking and Behavior to Cope with Depression; Chapter 6; More Strategies for Modifying Your Thoughts and Behavior; Part 3; How to Manage Hypomanic Episodes; Chapter 7; Hypomania- What Is It?; Chapter 8 Taking Action to Manage Your Hypomania Part 4; How to Manage Anxiety; Chapter 9; Anxiety- What Is It?; Chapter 10; Taking Action to Manage Your Anxiety; Part 5; Finding Support and Creating a Personalized Wellness Plan; Chapter 11; Involving Your Family and Friends; Chapter 12; Putting It All Together to Create a Personalized Wellness Plan; Further Reading; References; Blank Page; Blank Page
Sommario/riassunto	The Bipolar II Disorder Workbook is designed to help readers manage

recurring depression, hypomania, and anxiety associated with bipolar II disorder. This user-friendly self-help workbook draws on evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based approaches to help those suffering from bipolar II disorder live more normal lives.
