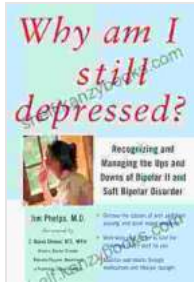


Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II



Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar

Disorder by James R. Phelps

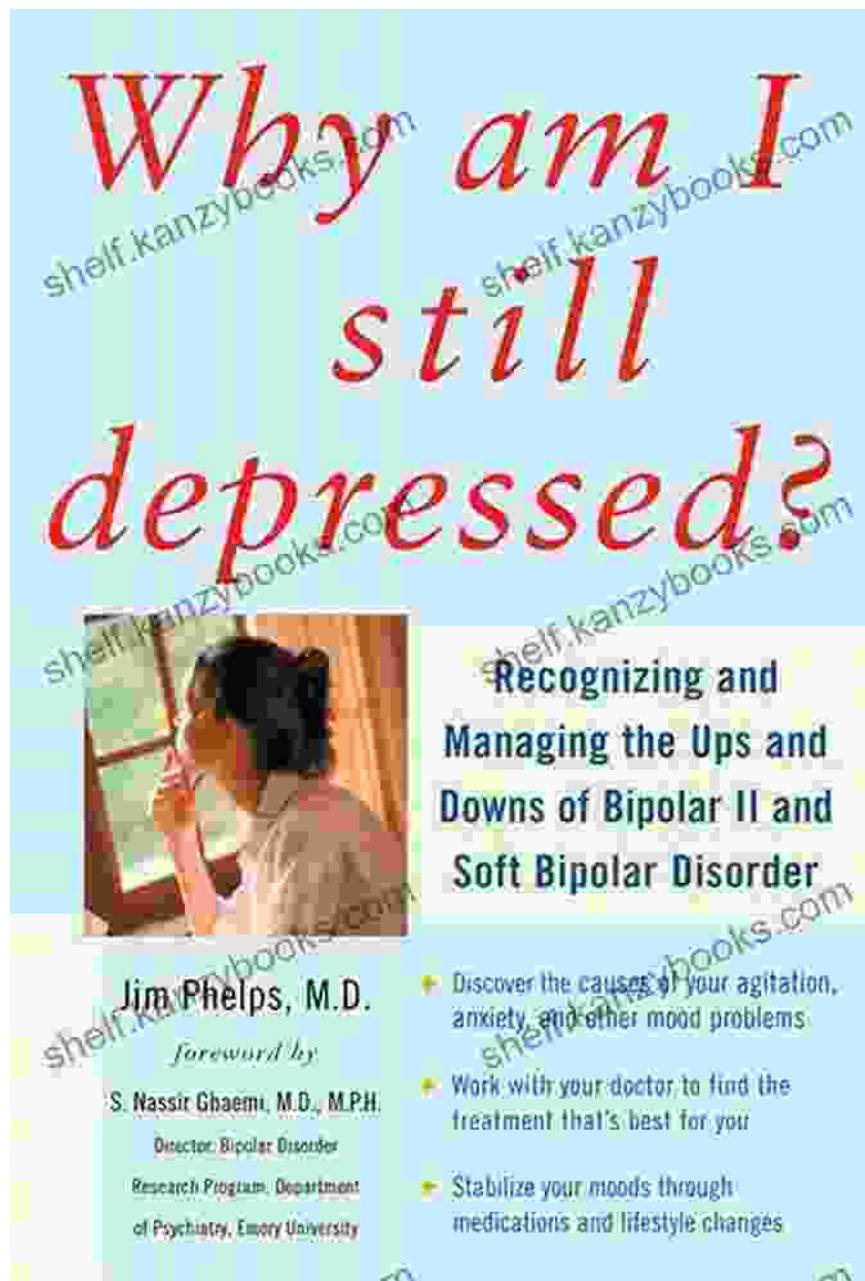
★★★★☆ 4.4 out of 5

Language : English
File size : 1486 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 306 pages



Do you struggle with depression that doesn't seem to go away?

You may have Bipolar II disorder, a condition that causes alternating periods of depression and hypomania. Bipolar II is often misdiagnosed as depression, because the hypomanic episodes are often mild and may not be recognized as a separate condition.



This book will help you to:

- Recognize the symptoms of Bipolar II disorder
- Understand the causes of Bipolar II disorder
- Manage your symptoms with medication and therapy

- Live a happier, more fulfilling life

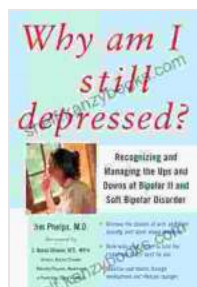
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There is help available. This book can help you to get your life back on track.

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You deserve to live a happy, fulfilling life. This book can help you get there.

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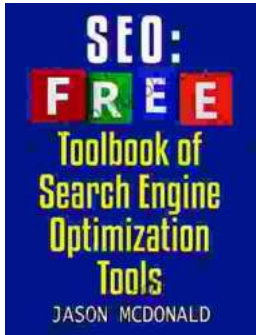
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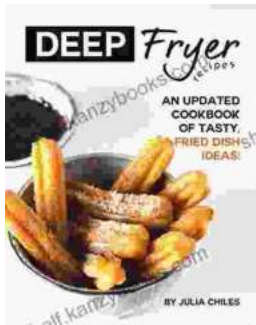
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