



# Explaining Bi-Polar Disorder (Emerald Explaining Series)

*Doreen Jarrett*

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## **Explaining Bi-Polar Disorder (Emerald Explaining Series)** Doreen Jarrett

Bi-polar disorder is the term used to describe what was once known as manic depressive illness. Bi-polar disorder is becoming more and more common, particularly in young adults, although people of all age ranges will suffer from the condition. This book, as with all the guides in the Explaining series aims to provide an insight into bi-polar disorder and explores the background to the condition, the symptoms and the various treatments on offer. It also explores the way through lifestyle modifications.

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