



The Bipolar Survival Workbook: Living with and Overcoming Bipolar Disorder

Steven Thomas

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The type of therapies covered in this book could generally be categorized as holistic, in that they treat a wider range of symptoms and conditions than the pure instances of depression and mania. For example, the benefits of exercise are well-known for increasing mood, including an instant release of serotonin in the brain that is better than any prescribed drug could possibly be. Added to the benefits in self-esteem experienced by the person exercising and you have a recipe for success. The purpose of this book is to work with a range of therapies to produce a combined approach that will suit individuals, rather than offer a "one size fits all" approach that will be unsuitable for very many patients.

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Alexandria Sharp:

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