



What Works for Bipolar Kids: Help and Hope for Parents

Mani Pavuluri

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It may be hard to believe your child will ever get better, but kids with bipolar disorder can and do lead healthy, stable lives. In this compassionate and optimistic book, expert clinician and renowned researcher Mani Pavuluri delivers information, advice, and proven strategies that empower you to deal with the challenges of bipolar disorder and help your child get well. Drawing on 20 years of experience with bipolar kids and their families, she provides solidly researched strategies for reducing or eliminating problems with mania, aggression, sleep disturbances, depression, and other issues. You'll discover practical ways to handle crises at home and in school, work with professionals to find an effective combination of medicine and psychotherapy, and cultivate a supportive community of friends and peers for your child. Dr. Pavuluri also helps you deal with the stress that comes with parenting, so you can maintain your poise, focus on the positive, and be a powerful advocate for your child.

Winner--American Journal of Nursing Book of the Year Award

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled What Works for Bipolar Kids: Help and Hope for Parents can be excellent book to read. May be it might be best activity to you.

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