

Suicide The Forever Decision For Those Thinking Ab

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The School Counseling and School Social Work Treatment Planner, with DSM-5 Updates, 2nd Edition Sarah Edison Knapp 2014-12-12 This timesaving resource features: Treatment plan components for 33 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most accrediting bodies, insurance companies, and third-party payors Includes Evidence-Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The School Counseling and School Social Work Treatment Planner, Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including coverage of disruptive classroom behaviors, reinforcing student success, bullying, peer conflict, and school violence Organized around 33 behaviorally based presenting problems in treating students who experience social and emotional difficulties, including social maladjustment, learning difficulties, depression, substance abuse, family instability, and others Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners®, including our full line of Treatment Planners, visit us on the Web at: www.wiley.com/practiceplanners

Night Falls Fast Kay Redfield Jamison 2011-01-12 From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An

internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

Helping Skills for Working with College Students Monica Galloway Burke 2016-06-17 A primary role of student affairs professionals is to help college students dealing with developmental transitions and coping with emotional difficulties. Becoming an effective helping professional requires the complex integration of intrapersonal, interpersonal, and professional awareness, and knowledge. For graduate students preparing to become student affairs practitioners, this textbook provides the skills necessary to facilitate the helping process and understand how to respond to student concerns and crises, including how to make referrals to appropriate campus or community resources. Focusing on counseling concepts and applications essential for effective student affairs practice, this book develops the conceptual frameworks, basic counseling skills, interventions, and techniques that are necessary for student affairs practitioners to be effective, compliant, and ethical in their helping and advising roles. Rich in pedagogical features, this textbook includes questions for reflection, theory to practice exercises, case studies, and examples from the field.

To Live to See the Great Day That Dawns Anne Mathews-Younes 2011-05

Torment of the Soul Benedict Auer 2007-10 Arnold Krowneski is taken under the wing of his high school art teacher, Mrs. M. She sees great potential in his ability, so she introduces him to another friend, who owns an art gallery of great renown, one Mr. George Zukor, who in turn introduces the boy to the world of art. George promotes him, in an attempt to make his name synonymous with Dali and Picasso. Arnie's work was equal to these two giants of the art world, but his style was quite different. His work never had to be explained. You knew what it was the moment you saw it. The color, the subject, the story it told was like magic and you could get lost in a dream, just looking at them. He used a number of models for realism. He would pose them on a couch or a chair, but frequently ended up in bed with them. Some thing about him seemed to intrigue the ladies. So come along on his ride toward the top, to fame and riches. See the beauty in many of the things he saw on the way, and meet the people who would alter his, day- to-day existence, on his skyrocket to get there.

I'm Not Crazy I'm Not Crazy 2010-08 Teens!! It isn't fair that you have depression or bipolar disorder. You can continue along the same path, but chances are, if someone gave you this workbook, that path isn't the best. Working through these pages will help you understand what the heck everyone is talking about. You might even see some of your behaviors and thoughts. It has practical suggestions to help you cope. What does it hurt to try? Ultimately, it is your choice to work through the issues. But, it's kinda nice to see that you aren't the only one to have these crazy thoughts.

Hear My Silence Karina Colgan 2016-05-17 Dublin journalist Karina Colgan was rescued from the apartment she had barricaded herself into by her husband Gerry and son Karl, who feared

for her life. Karina – like one in four people in Ireland – found herself unexpectedly fighting depression and for a long time did not know how to win the battle. Here she writes openly and honestly about how she felt overwhelmed by a number of events that happened over a short period of time, which saw her dealing with grief, tragedy, marriage difficulties and financial ruin. Before she knew it, she found herself in the deep, dark pits of chronic depression. But this is just the opening chapter of Karina’s book, which goes on to tell the stories of some of the 400,000 people in Ireland – women and men, old and young, including young children – who suffer from depression, and separates the myths from the facts. The book also includes practical advice from professionals for sufferers and their families on how best they can recognise and cope with this debilitating illness. Karina also writes of the stigma still surrounding this illness, often at the expense of a sufferer seeking help, and calls for greater resources to be put into providing care and treatment for those affected by it and into education for those who are not.

Cassette Books Library of Congress. National Library Service for the Blind and Physically Handicapped 1990

History of a Suicide Jill Bialosky 2012-02-07 The author presents an account of her sister's suicide, and the lifelong impact that the suicide has had on her own life and the lives of the other members of her family.

Life, In Spite of Me Kristen Jane Anderson 2010-05-04 She wanted to die. God had other plans. Why does my life have to be so painful? What’s wrong with me? It’s not going to get better. It could all be over soon, and then I won’t hurt anymore. Kristen Anderson thought she had the picture-perfect life until strokes of gray dimmed her outlook: three friends and her grandmother died within two years. Still reeling from these losses, she was raped by a friend she thought she could trust. She soon spiraled into a seemingly bottomless depression. One January night, the seventeen-year-old decided she no longer wanted to deal with the emotional pain that smothered her. She lay down on a set of cold railroad tracks and waited for a freight train to send her to heaven...and peace. But Kristen's story doesn't end there. In *Life, In Spite of Me* this remarkably joyful young woman shares the miracle of her survival, the agonizing aftermath of her failed suicide attempt, and the hope that has completely transformed her life, giving her a powerful purpose for living. Her gripping story of finding joy against all odds provides a vivid and unforgettable reminder that life is a gift to be treasured. Includes notes of encouragement Kristen wishes she had received when she was struggling most.

Suicidal Thoughts Max Malikow 2008-10-20 *Suicidal Thoughts* is a compilation of some of the most moving and insightful writing accomplished on the topic of suicide. It presents the thoughts and experiences of fifteen writers who have contemplated suicide-some on a professional level, others on a personal level, and a few, both personally and professionally. Through this collection, the reader is able to bear witness to the struggle between life and death and to the devastating aftermath of suicide. *Suicidal Thoughts* provides readers with a better understanding of the reasons why some individuals give serious consideration to killing themselves.

[Bipolar Disorder](#) Jane Mountain 2003-08

Ethan Frome Edith Wharton 1911 Set against the bleak winter landscape of New England, Ethan Frome is the story of a poor farmer, lonely and downtrodden, his wife Zeena, and her cousin, the enchanting Mattie Silver. In the playing out of this short novel's powerful and engrossing drama, Edith Wharton constructed her least characteristic and most celebrated book.

The Midnight Library Matt Haig 2020-09-29 The #1 New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

The Autism Spectrum and Depression Nick Dubin 2014-03-21 For people with Autism Spectrum Disorder (ASD), the stresses of coping with a world that often seems alien to them can frequently lead to depression. Written specifically for adults with ASD, this groundbreaking book offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery. Nick Dubin shares his own experiences of depression including how he has dealt with it, and everything from initial feelings of anger and frustration to medication, cognitive behavioural therapy and overcoming 'the dark night of the soul'. It explores the aspects of everyday life that can cause people with ASD to feel low, explains how this can escalate and looks at ways in which depression can be prevented. With a chapter on suicide and interviews with his parents, the book provides real, practical solutions to a problem that is often overlooked.

Courage After Fire Keith Armstrong 2006 Offers soldiers and their families a comprehensive guide to dealing with the all-too-common repercussions of combat duty, including posttraumatic stress symptoms, anxiety, depression, and substance abuse.

Care of the Dying Child Robert W. Buckingham 1989

Vida despues de la perdida / Life After Loss Raymond A. Moody 2002-04-04

Deviant Behavior Charles H. McCaghy 2016-01-08 Using the framework of interest group conflict, this text combines a balanced, comprehensive overview of the field of deviance with first-hand expertise in the workings of the criminal justice system. *Deviant Behavior*, Seventh Edition, surveys a wide range of topics, from explanations regarding crime and criminal behavior, measurement of crime, violent crime and organizational deviance, to sexual behavior, mental health, and substance abuse. This new edition continues its tradition of

applying time-tested, sociological theory to developing social concepts and emerging issues.

Preventing Suicide John Henden 2008-09-15 The book looks at secondary suicide prevention (treatment for those thinking about suicide or who are actively suicidal) and is very practically focused. The first chapter reviews the prevention literature and discusses the healthier nation targets. The second chapter outlines solution focused brief therapy and presents the evidence base for this approach. Chapters 3 and 4 focus on risk assessment, management and medication. Chapter 5 presents an in-depth case study and the final chapter presents five shorter case studies. The appendices contain examples of exercises that can be given to clients.

Autism John Gerdtz 1990 A partir du postulat qui veut que la personne autiste soit avant tout une personne, et que chaque personne est unique, ce document propose aux différents conseillers d'être ouverts et flexibles en adaptant différentes théories aux besoins pratiques des personnes autistes et de leur famille. Ils abordent également la question des médicaments, leur but et leurs effets secondaires.

Omega 1996

Talking Book Topics 1990

Couples Counseling John R. Shack 1989

On Becoming a Health and Human Services Manager Paul G. Quinnett 1989

The Paper Palace Miranda Cowley Heller 2021-07-06 REESE'S BOOK CLUB PICK INSTANT #1 NEW YORK TIMES BESTSELLER OVER 1 MILLION COPIES SOLD WORLDWIDE THE PAPER PALACE IS: "Filled with secrets, love, lies and a summer beach house. What more could you ask?"—Parade "A deeply emotional love story...the unraveling of secrets, lies and a very complex love triangle." —Reese Witherspoon (Reese's Book Club July '21 Pick) "Nail-biting." —Town & Country "A magnificent page-turner." —Cynthia D'Aprix Sweeney, New York Times bestselling author "[An] irresistible placement of a complicated family in a bewitching place." —The New York Times A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades. "This house, this place, knows all my secrets." It is a perfect August morning, and Elle, a fifty-year-old happily married mother of three, awakens at "The Paper Palace"—the family summer place which she has visited every summer of her life. But this morning is different: last night Elle and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to decide between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn't forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, *The Paper Palace* considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families.

Eight Stories Up DeQuincy Lezine 2008-04-14 As a teenager, DeQuincy Lezine nearly ended

his own life, believing it was the only way to escape the emotional pain that was overwhelming him. Instead, Lezine was able to find expert psychiatric care, and went on to found the first university campus-based chapter of the Suicide Prevention Action Network USA. Now a researcher at the University of Rochester's Center for the Study and Prevention of Suicide, Lezine has devoted his life to preventing suicide in adolescents, and he brings the wealth of his personal and professional experience to bear in *Eight Stories Up*. He starts by describing his deteriorating state of mind in college, using his own email archive to retell the episode that would nearly claim his life. He then offers hard-earned wisdom and practical advice to other young people who may be considering suicide. In straightforward, easy-to-understand language, and drawing on the psychiatric expertise of David Brent, MD, Lezine discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help. He also surveys some of the therapies used to prevent suicide, how to talk to loved ones about suicidal thoughts, and how to stay healthy at home and at school. The result is both a remarkable memoir and a useful guide that will ease the isolation and hopelessness caused by thoughts of suicide, helping young people to overcome their troubles in a safe and healthy way. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Eight Stories Up* offers hope to young people who are at risk of suicide, extending a lifeline of support and guidance that can save their lives.

Essential Philosophy of Law Ulrich R. Rohmer 2014-02-19 A law student must face many obstacles undergoing his or her legal studies, and one basic subject is philosophy of law. It helps understanding both, nature and hermeneutics of something we call law. This is necessary in order to operate with legal terms related to different levels and references. Hermeneutics is the kind and the art of properly understanding legal texts. This book is a collection of different texts I put together to help a reader understanding manifold hermeneutical approaches towards law. Conceiving both, nature and meaning of law is always a matter of clarifying personal preconceptions, historical developments and linguistical contexts. I invite the reader to plunge into the subject by reading a good deal of articles and essays expressing different views and perspectives. Thus he or she will automatically enter the "terribly appearing" realm of legal philosophy (as many use to think). It needs only a little patience and courage following the course of texts preparing the attentive mind for deeper understanding. Philosophy does never simply mean "theorization in vacuo", but reading lots of papers and sources conducted in silence. Legal philosophy is in fact a demanding, but nevertheless a very interesting and refreshing human activity revealing at least an abysmal stupidity or a dirty deviousness of many (including well-known) politicians. For whatever reason...

Suicide Paul G. Quinnett 1987 Provides positive advice and encouragement to the person thinking about committing suicide.

I Love Jesus, But I Want to Die Sarah J. Robinson 2021-05-11 A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but

nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

Women's Drug and Substance Abuse Ann Marie Pagliaro 2017-09-13 This newly revised and expanded edition of *Women's Drug and Substance Abuse: A Comprehensive Analysis and Reflective Synthesis* offers a unique analysis and synthesis of theory, empirical research, and clinical guidance for treating substance abuse among young, middle-aged, and older women of various racial and sociocultural backgrounds in the United States, 2000 to 2018. This text uses the most current research findings to examine the actions and effects of drugs, women's patterns of medical and personal use and abuse, and common mental disorders associated with drug use. The authors also present their own empirically-based assessment model as well as prevention and treatment approaches specifically designed for women. Also included in the text is a comprehensive, cross-referenced subject index. Clear, comprehensive, accessible, and fully referenced, this book will be an invaluable resource for students and for professionals in all health and social care disciplines. *Women's Drug and Substance Abuse* is the 18th clinical pharmacology text that the Pagliaros have written over the past 40 years and is the 6th that deals exclusively with drug and substance abuse.

One Friday in April: A Story of Suicide and Survival Donald Antrim 2021-10-12 One of TIME's 100 Must-Read Books of 2021 One of BuzzFeed's Best Books of 2021 One of Vulture's Best Books of 2021 Named one of the Most Anticipated of Books of 2021 by the Los Angeles Times, Literary Hub, and The Millions A searing and brave memoir that offers a new understanding of suicide as a distinct mental illness. As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalizations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback. Through a clear and haunting reckoning with the author's own story, *One Friday in April* confronts the limits of our understanding of suicide. Donald Antrim's personal insights reframe suicide—whether in thought or in action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. A necessary companion to William Styron's classic? *Darkness Visible*, this profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

Stubborn Love Cheryl Ott 2012-01-11 SUICIDE In America Every fifteen minutes, someone dies by his or her own hand. More than 2,000 people attempt suicide every day. Sadly, these numbers include Christians who do not have the skills needed to navigate a crisis or temporary hardship. Swallowed by depression, despair, and hopelessness, they die by their own hand. *Stubborn Love* is a true story about a Christian college student in her twenties and her fight to

stay alive after a suicide attempt landed her in a hospital psych ward. Those struggling with depression/suicide will learn: Depression does not have to be a LIFE sentence. To find courage to choose life and LIVE again. How to break free of despair and discover HOPE. How to realign your heart with TRUTH. About the author's dramatic rescue by LOVE. Those who love someone struggling with suicidal thoughts will learn: Why suicide happens. The desperation that happens inside the mind and heart of a suicide survivor. How to comfort those bereaved by suicide. "Cheryl Ott's story is a vivid narrative of the pain of loss and the journey that follows. Readers who have experienced similar griefs will find comfort that they are not alone. Discover here a hope greater than despair and a love more powerful than death." Albert Y. Hsu, author, *Grieving a Suicide* "Stubborn Love is a must read for every discouraged, depressed, despairing, or even suicidal person, whether they are a believer in Christ, or not. Cheryl Ott has dared to take on a taboo topic, and has given us a clear message of hope; telling the story of her journey through the dark night of the soul, and into the light of revelation of her Father's unconditional love." Robyn Green, author, *A Marriage Of Destiny* You can view the *Stubborn Love* book trailer here: <http://vimeo.com/34671123#>

Read Two Books and Let's Talk Next Week Janice Maidman Joshua 2000 A complete guide to more than 300 of the best reading resources for use in your practice Bibliotherapy can be a valuable adjunct to virtually any psychotherapeutic approach. Recommending books that focus on your clients' core problem issues helps them see that they are not alone in their suffering. It also may help them more rapidly gain insight and a more realistic sense of control regarding their situation. And, by extending the therapeutic process beyond the therapist's office, bibliotherapy functions as a valuable cost-containment strategy. But, with thousands of self-help titles to choose from, how do you separate the wheat from the chaff and find the best match between client and book? *Read Two Books and Let's Talk Next Week* provides you with the detailed information you'll need to confidently navigate the vast, ever-growing sea of self-help literature. Organized by nineteen major presenting problems, it features reviews of more than 300 of the best self-help books published over the past thirty years. Each summary includes: A concise synopsis detailing the book's main subject area and its author's approach A description of the three major client groups for whom the book is appropriate Five main therapeutic insights readers may gain by reading the book Complete publishing information to facilitate easy access

The Consumer Health Information Source Book Alan M. Rees 1990 How can an award-winning source book that helps consumers find health information be improved? Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet, tips on where to find Spanish-language health pamphlets, and recommendations on what's most important in the world of alternative medicine. The sixty edition provides users with an annotated guide to health-related resources-hotlines, newsletters, pamphlets, Web sites, CD-ROMS, magazines, books, and more! Readers are given a description on each resource and how to best use it.

Aging 1988

Lay My Burden Down Alvin F. Poussaint 2001-10-12 Through stories (including their own), interviews, and analysis of the most recent data available, Dr. Alvin Poussaint and journalist Amy Alexander offer a groundbreaking look at 'posttraumatic slavery syndrome,' the unique physical and emotional perils for black people that are the legacy of slavery and persistent

racism. They examine the historical, cultural, and social factors that make many blacks reluctant to seek health care, and cite ways that everyone from the layperson to the health care provider can help.

The Awakening of Global Consciousness Jawara D. King, D.D. 2010-07-26 One of the world's leading spiritual teachers returns with an inspiring and provocative message with solutions to our planetary crises, offering effective steps to change the world and integrate all levels of our Being. Religion is psychological entrapment promoting the controlled behavior of the herd civilization. Institutionalized organized religion is the cause of enslavement, violence, prejudice, hatred, classism, and war. False religious institutions created god in their own personal image and after the likeness of their own mind for control and money. Every religious holy book has been altered, dissected, rewritten, and censored to appear as the word of God, and all the gods of religious holy books are controlled by fundamentalists. Organized religion is a serious threat to the human race and a mental illness that afflicts over 80% of the world's population. It has nothing to do with spirituality and is no more than a collection of unholy lies. The spiritual terrorism of religion frowns upon free will, dispises questions, prohibits doubt, and survives on blind faith. Eternal life with God is only promised to the obedient religious-slaves who unconditionally follow rigid religious belief structures. This mythology was created based on division, not unity. Control is the essence of evil. The easiest way to control humanity is through fear, which is why the religious Elite created gods of intimidation and fear; to control others and solicit money. "The Awakening of Global Consciousness is a must read for the millions who've read Jawara's earlier classic books and a great beginning for those unfamiliar with his great works questioning the validity of the world's three major religions."

The Giver Lois Lowry 2014 Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

Juggling Your Bipolar Life Christine Schloder 2006 Accepting that you have bipolar illness is the first step in getting well. The second is wanting help. Finally, you must be willing to make the changes required to better your life. If you suffer from bipolar disorder, only the most current information will help you effectively utilize treatment methods. Through *Juggling Your Bipolar Life*, you'll become familiar with a groundbreaking symptom-charting system developed by author and bipolar disorder sufferer Christine Schloder. *Juggling Your Bipolar Life* focuses on helping you better communicate your symptoms to your doctor to give him or her a clearer understanding of your needs. Learn to gain control of your ups and downs, thus making your manic and depressed episodes less frequent and severe. One can think of the essentials of living optimally with bipolar disorder as the "three rights": right diagnosis, right treatment, and right behavior or attitude. Finding the correct treatment, choosing the right thoughts, and having a positive attitude can make the biggest difference in your recovery. Let *Juggling Your Bipolar Disorder* give you the necessary tools to create a happier, healthier life!