



The Wiley Concise Guides to Mental Health: Bipolar Disorder

Brian Quinn L.C.S.W.

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The Wiley Concise Guides to Mental Health: Bipolar Disorder uses clear, highly accessible language to comprehensively guide the reader through the entire spectrum of bipolar and related disorders. This concise, informative reference provides a complete overview of the history of the field, diagnosis, treatment, research, emerging trends, and other critical information about bipolar disorder. Both pharmacologic and non-pharmacologic interventions are thoroughly covered.

Like all the books in the Wiley Concise Guides to Mental Health Series, *Bipolar Disorder* features a compact, easy-to-use format that includes:

- Vignettes and case illustrations
- A practical approach that emphasizes real-life treatment over theory
- Resources for specific readers such as clinicians, students, or patients

Early chapters in *Bipolar Disorder* lay out the descriptive and diagnostic issues for classic bipolar I disorder, the more subtle "soft" bipolar disorders, and other disorders, such as hyperactivity and borderline personality, that are often misdiagnosed as bipolar. The text then covers the medical, psychiatric, and substance abuse disorders that can accompany bipolar disorders, and offers practical tips for non-medically trained therapists on how to spot these disorders. Finally, pharmacological, psychosocial, and additional treatments and interventions are covered. This straightforward resource is admirably suited for a wide variety of readers, including students and practicing mental health professionals, as well as individuals and others directly and indirectly affected by bipolar disorder.

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