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bipolar 101: a practical guide to identifying triggers, managing medications, coping with symptoms and more some of the ideas for this book came from questions asked and advice given on this site. it is scientifically based but very practical with a holistic approach to getting better and practical strategies to keep us as healthy as we can be.

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Bipolar 101 A Practical Guide to Identifying Triggers August 27, 2015 riebrookamro1973 bipolar , coping , guide , identifying , managing , medications , practical , symptoms , triggers This is where it is useful to have another set of ears that allow you to sort the ideas out once your appointment is over.

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