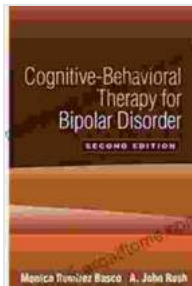


Cognitive Behavioral Therapy for Bipolar Disorder: Take Control of Your Moods and Improve Your Life



Cognitive-Behavioral Therapy for Bipolar Disorder, Second Edition by Monica Ramirez Basco

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3742 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 324 pages

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Are you struggling to manage your bipolar disorder? Do you feel like your moods are out of control and that you're at the mercy of your symptoms? If so, then cognitive behavioral therapy (CBT) can help.

CBT is a type of therapy that has been shown to be effective in treating bipolar disorder. CBT helps you to identify the thoughts and behaviors that are contributing to your symptoms, and then develop strategies to change them. This can lead to significant improvements in your mood, functioning, and quality of life.

The second edition of *Cognitive Behavioral Therapy for Bipolar Disorder* is the most comprehensive and up-to-date guide to this

evidence-based treatment. This book provides a step-by-step guide to help you:

- Understand bipolar disorder and how it affects your life
- Identify the thoughts and behaviors that are contributing to your symptoms
- Develop strategies to change your thoughts and behaviors
- Manage your moods and prevent relapse
- Improve your functioning and quality of life

This book is written by leading experts in the field of bipolar disorder treatment. It is based on the latest research and clinical experience, and it includes case studies and exercises to help you put what you learn into practice.

If you are ready to take control of your bipolar disorder and improve your life, then *Cognitive Behavioral Therapy for Bipolar Disorder* is the book for you.

What's New in the Second Edition

The second edition of *Cognitive Behavioral Therapy for Bipolar Disorder* has been updated to include the latest research and clinical experience. This edition includes new chapters on:

- The impact of bipolar disorder on relationships
- The use of CBT in children and adolescents with bipolar disorder

- The use of CBT in bipolar disorder with comorbid substance use disorders

This edition also includes new case studies and exercises to help you put what you learn into practice.

Praise for *Cognitive Behavioral Therapy for Bipolar Disorder*

"This book is an invaluable resource for anyone who is struggling with bipolar disorder. It provides a clear and concise explanation of the disorder, and it offers practical strategies for managing symptoms. I highly recommend this book to anyone who is looking for help with bipolar disorder."—**David J. Miklowitz, PhD, author of *The Bipolar Disorder Survival Guide***

"This book is a must-read for anyone who is interested in learning more about CBT for bipolar disorder. It is well-written and easy to understand, and it provides a wealth of information that can be helpful to both patients and clinicians."—**Michael W. Otto, PhD, author of *Cognitive Behavioral Therapy for Depression***

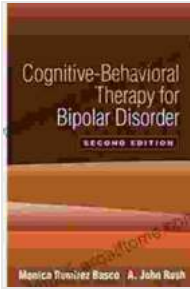
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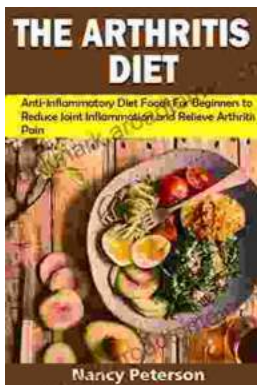
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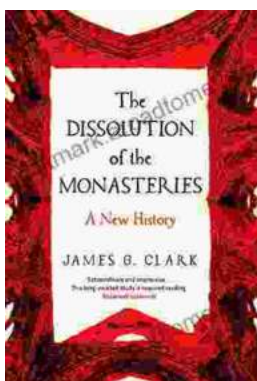


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