



Bipolar and Pregnant (Paperback)

By Katie McDowell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This vivid, emotional memoir describes the experience of Katie McDowell, a young woman grappling with a harrowing new diagnosis and a baby on the way. Over the unpredictable course of pregnancy, she confronts many important issues of bipolar disorder, including diagnosis and treatments, stigma and support, and, ultimately, how to cultivate self-compassion and confidence while entering the daunting, beautiful world of motherhood. Through ups and downs, trials and triumphs, McDowell takes you on her nine month journey, bipolar and pregnant. Topics included: depressions and manic episodes; anxiety; social stigma; treatments, medication and side effects, therapy; role of genes; suicidality; support groups; substance abuse; mood monitoring; role of sleep, exercise and diet; and acceptance.



READ ONLINE
[3.79 MB]

Reviews

These kinds of ebook is almost everything and got me to searching forward and a lot more. It usually does not price excessive. Its been written in an exceedingly basic way and is particularly only following i finished reading through this pdf through which in fact modified me, alter the way i really believe.

-- **Athena Jones**

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

-- **Libbie Farrell**