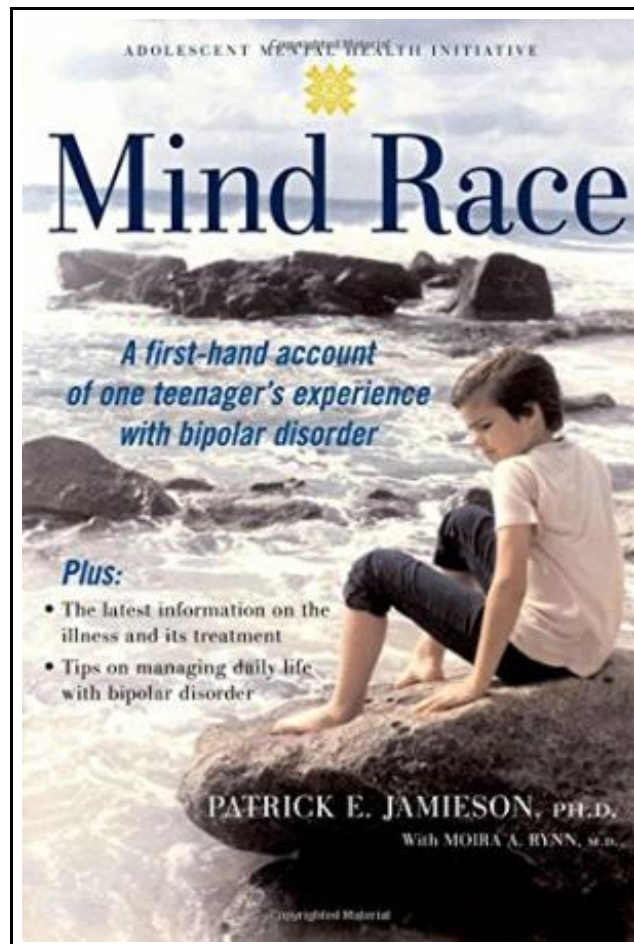


## Mind Race: A First-Hand Account of One Teenager s Experience With Bipolar Disorder (Paperback)



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Oxford University Press Inc, United States, 2006. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. New to the Adolescent Mental Health Initiative series are books written specifically for teens and adolescents. Each book addresses some of the major mental health issues facing young people today: depression, alcoholism, drug abuse, eating disorders, schizophrenia, and anxiety disorders. They will be written for and by young people who have struggled with and conquered these illnesses themselves. Supplementing this first-person narrative with the scholarship and expertise of leading psychiatrists and psychologists, the authors will provide such essential information as how to go about getting a diagnosis, what the latest treatment options are, and how to cope with mental illness at home and at school. Using this unique combination of personal narrative and cutting-edge research, these books are designed to help teens and young adults deal effectively with these illnesses and to empower them and their families to act immediately and wisely at getting the best available treatment possible. The life of a person with bipolar disorder can be tumultuous. The world is made up of many moods: one is fast-paced, frantic, energetic - you are at the top of your game and feeling invincible. Another is so bleak and dark that basic tasks are nearly impossible - your body no longer obeys simple commands and your interest in the world around you dissolves. Now imagine a third mood: the sudden and volatile mixed state in which both the highs and lows occur simultaneously. Many of those diagnosed with this disorder are adolescents: young people who often feel isolated, afraid, and unsure of who to talk to or where to turn for help and answers. Diagnosed with bipolar disorder at age 15, Patrick Jamieson knows firsthand the highs and...

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