



Managing Manic Depressive Disorders

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This study examines what can be done to help those who have manic depressive disorders. It explores the subject from a wide range of viewpoints and contributors include psychiatrists, psychologists, psychotherapists and social workers. The text argues that it is vital that people with manic depressive disorders receive balanced and comprehensive treatment for their illness and thus professionals of different disciplines need to communicate to learn from each other's approach to the illness, and discover more about the disorders themselves. The steps that can be taken by the person with manic depressive disorders for themselves are also explored in this volume.

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