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Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out

Hilary Smith

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Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out Hilary Smith

“I wrote *Welcome to the Jungle* because it’s the book I should have been given when I was diagnosed." Bipolar disorder is one of the most commonly diagnosed psychiatric conditions among teens and twentysomethings, yet there are few books out there written specifically for this demographic.

This revised edition comes with a new foreword by the author, a revised and expanded discussion on diagnosis, an updated chapter on medication, a new chapter on alternative approaches, a revised and expanded chapter on symptoms, and updated resources. New research on the causes and risk factors for bipolar disorder are also included along with tools for observing patterns and making gentle changes to daily routines that can have a profound effect.

Going bravely where no other bipolar book has gone before *Welcome to the Jungle* offers devastatingly on-target, honest?and riotously funny?insights into living with bipolar and answers some of the hardest questions facing people newly diagnosed.

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