

## Bipolar and Pregnant (Paperback)



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### **Reviews**

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*(Perry Reinger)*

## BIPOLAR AND PREGNANT (PAPERBACK)



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.



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