



Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms

William R. Marchand

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In *Mindfulness for Bipolar Disorder*, psychiatrist and neuroscientist William R. Marchand provides an innovative, breakthrough program based in neuroscience and mindfulness practices to help you find relief from your bipolar symptoms. If you have bipolar disorder, you may experience feelings of mania or high energy, followed by periods of depression and sadness. These unusual shifts in mood, energy, and activity levels can make it extremely difficult to carry out day-to-day tasks—and ultimately reach your goals. Finding balance may be a daily struggle, even if you are on medication or in therapy. So, what else can you do to start feeling better? Mindfulness—the act of present moment awareness—may be the missing puzzle piece in effectively treating your bipolar disorder. In the book, you will learn how to actively work through feelings of depression, anxiety, and stress in order to improve the quality of your life. Written by a prominent psychiatrist, neuroscientist, and mindfulness teacher who draws upon his research experience and personal mindfulness practice as a monk in the Soto Zen tradition, this book will provide you with the tools needed to get your symptoms under control. If you've sought treatment for bipolar disorder but are still struggling with symptoms, mindfulness may be the missing piece to solving the bipolar puzzle and taking back your life. This book will help you get started right away.



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