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# Cognitive Therapy for Bipolar Disorder: A Therapist's Guide to Concepts, Methods and Practice

*Dominic H. Lam, Steven H. Jones, Peter Hayward, Jenifer A. Bright*

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Bipolar disorder or manic depression is a serious mental disorder attracting increasing interest and could represent the next major area for the wider application of cognitive behavioral therapy. The authors have treated manic depressive patients on a routine clinical basis and have included in this book a detailed description of the techniques and issues in working with this client group.

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