



## Less than Crazy: Living Fully with Bipolar II (No. 2)

By Karla Dougherty

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**Less than Crazy: Living Fully with Bipolar II (No. 2)** By Karla Dougherty

Bipolar II is a form of bipolar disorder in which a person, when in a manic cycle, is crippled by anxiety, irritability, and highs just intense enough to be embarrassing. Instead of being the life of the party, someone with Bipolar II might be too nervous to go to the party at all. And, unlike the Bipolar I sufferer who may attempt suicide in a depressive cycle, the Bipolar II might be incapacitated by guilt over an imaginary crime. In *Less than Crazy*, health writer and Bipolar II sufferer Karla Dougherty shares her story, presenting the first patient-expert's guide to recognizing and living well with this condition. Covering both adults and children, this accessible, all-in-one resource includes information on diagnosis, conditions that may mimic Bipolar II, and treatments.

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### Editorial Review

Review

"Library Journal," 11/4/08

"Dougherty's candor validates why self-help books written by one who has actually 'been there' tend to have much resonance."

About the Author

**Karla Dougherty** is a leading writer in the fields of medicine, health, and nutrition. She lives in Montclair, New Jersey.

### Users Review

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This book untitled **Less than Crazy: Living Fully with Bipolar II (No. 2)** to be one of several books that will best seller in this year, that is because when you read this reserve you can get a lot of benefit onto it. You will easily to buy this book in the book retail outlet or you can order it through online. The publisher of the book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this guide from your list.

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