



Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression

Kristin K. Finn

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The first book to tackle one of the leading concerns of women with manic depression and related disorders

You have bipolar disorder and want to start a family. There is so much to know and manage when thinking about becoming pregnant and having an optimal pregnancy and postpartum period. *What are the risks? Can I go off my meds? How will my partner react? Will my child also become bipolar? How do I navigate through the often confusing and ever-changing research on mental disorders and pregnancy?*

Kristin K. Finn was diagnosed with manic depression as a teenager. Upon deciding to become pregnant, she and her husband also had questions, concerns, and fears. Recognizing that there was no go-to guide that helps women with manic depression navigate pre-natal, pregnancy, and postpartum issues, Finn collaborated with geneticists, obstetricians, psychologists, and psychiatrists to bring you this ultimate support-group-in-a-book and pregnancy resource.

In *Bipolar and Pregnant*, Finn shares her insights and techniques that she developed through two pregnancies, as well as the advice of her esteemed team of experts. In addition, *Bipolar and Pregnant*:

- Provides information on medical aspects of pregnancy and gives advice on minimizing the risks of psychiatric flare-ups, avoiding episodes, monitoring behavior, and preparing to go off medication as pregnancy looms.
- Discusses medical aspects of pregnancy, preparing for pregnancy, and optimizing the chances of getting pregnant
- Provides the latest research on medications used to treat bipolar disorder and their effect on developing babies.

You and your entire support team will be armed with the knowledge necessary to help you optimize your pregnancy, subside anxiety, and feel confident that you are doing the very best for you and your new family.

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Joshua Shaw:

Book is to be different for every grade. Book for children until eventually adult are different content. To be sure that book is very important normally. The book Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression ended up being making you to know about other knowledge and of course you can take more information. It is rather advantages for you. The publication Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression is not only giving you a lot more new information but also for being your friend when you sense bored. You can spend your own spend time to read your guide. Try to make relationship with the book Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression. You never really feel lose out for everything in case you read some books.

Antoinette Hogg:

This Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression usually are reliable for you who want to be considered a successful person, why. The main reason of this Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression can be one of many great books you must have is actually giving you more than just simple studying food but feed you actually with information that possibly will shock your before knowledge. This book will be handy, you can bring it all over the place and whenever your conditions in e-book and printed people. Beside that this Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression forcing you to have an enormous of experience like rich vocabulary, giving you trial of critical thinking that we all know it useful in your day task. So , let's have it appreciate reading.

Marion Richey:

Playing with family in the park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression, you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

Michael Emery:

Reading a book to get new life style in this 12 months; every people loves to examine a book. When you study a book you can get a lots of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what types of book

that you have read. If you need to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, in addition to soon. The Bipolar and Pregnant: How to Manage and Succeed in Planning and Parenting While Living with Manic Depression will give you new experience in reading through a book.

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