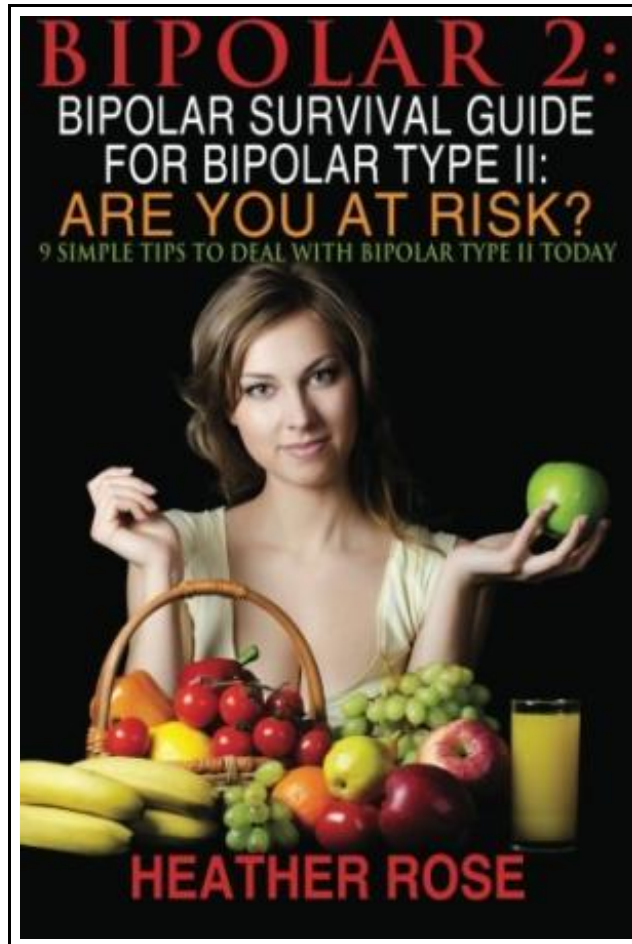


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## **BIPOLAR 2: BIPOLAR SURVIVAL GUIDE FOR BIPOLAR TYPE II: ARE YOU AT RISK?: 9 SIMPLE TIPS TO DEAL WITH BIPOLAR TYPE II TODAY**



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. For anybody familiar with the condition known as bipolar 2, you will probably know how difficult and distressing the condition can be. Bipolar 2 disorder is a condition most commonly characterised by at least one hypomanic (happy) episode and one major depressive episode. Firstly, what is bipolar 2 - Bipolar 2 disorder, is a type of mental illness that is very similar to bipolar 1 disorder. Typically, persons suffering from bipolar 2 will experience severe mood swings and changes, alternating from periods of extreme lows, to highs over time. The only real difference between bipolar 1 and 2 is that in bipolar 2, the person suffering from the condition will never experience what is known as full on mania type highs. The less-intense elevated moods in bipolar 2 disorder are known as hypomania or hypomanic episodes. Generally, people suffering from bipolar 2 disorder will have, or will experience at least one hypomanic episode in their life. Unfortunately, people suffering from this condition also suffer spells of depression, sometimes quite severe. This is where the term manic depression comes from. What are the symptoms of bipolar 2 - Although bipolar 2 is thought to be generally less severe than bipolar 1, it is still an extremely serious medical condition and there are a number of symptoms to look for if you believe that you, or somebody you know, may be suffering from bipolar 2 disorder. People suffering from bipolar 2 usually have an elevated mood, irritability and notice some small changes in everyday functions. Instead of full-blown mania, in which persons can become hysterical and uncontrollable, those afflicted will instead experience hypomania episodes like we spoke about earlier....



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