



## Could My Parent Be Bipolar?

*Dr. Stanley Kutcher M.D.*

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## **Could My Parent Be Bipolar?** Dr. Stanley Kutcher M.D.

A book created for teenage children of parents with Bipolar Disorder. In addition to helping teenagers understand what Bipolar Disorder is and how it affects their parent's behaviour, "Could My Parent Be Bipolar?" also helps teenagers learn to communicate effectively with their parents, cope positively with their own stress and emotions, find ways to help their parent without taking on the burden of his or her illness, and learn how to seek help and keep themselves safe, if necessary.

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