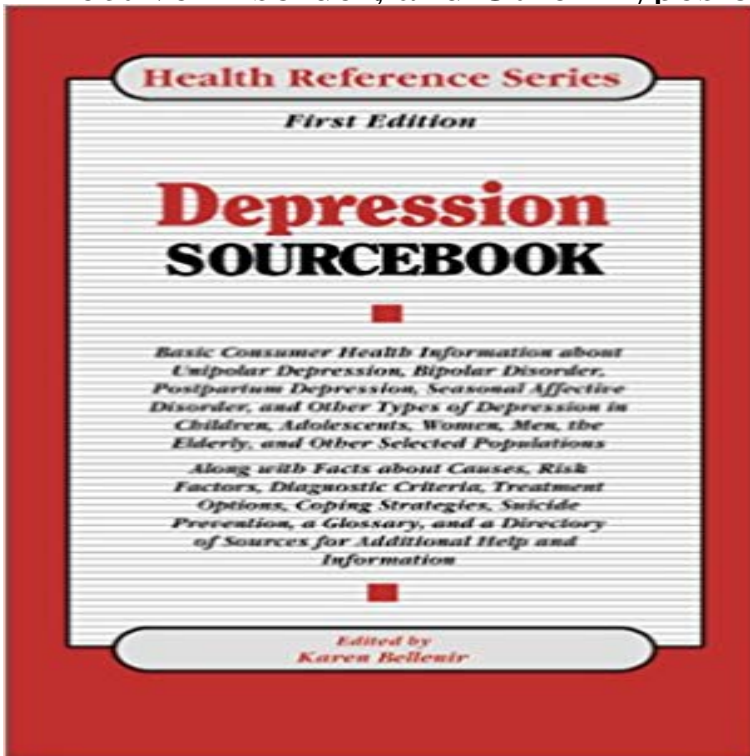


# Depression Sourcebook: Basic Consumer Health Information About Unipolar Depression, Bipolar Disorder, Postpartum Depression, Seasonal Affective Disorder, and Other Types of (Health Reference Series)



Book by Karen Bellenir

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illness, is a brain disorder. There are four basic types of bipolar disorder, all of them involve clear changes in mood. Talking with a doctor or other licensed mental health professional is the first step.

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