



# **My Mental Health Medication Workbook: Updated Edition**

*Fran Miller*

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# My Mental Health Medication Workbook: Updated Edition

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## **My Mental Health Medication Workbook: Updated Edition** Fran Miller **Step-by-Step, Guiding Your Client to Wellness**

Recently updated, the best-selling *My Mental Health Medication Workbook* is a complete guide for clients and patients to better understand their illness - and how to manage their recovery. Full of charts, guides and drug information, this easy-to-read workbook serves as an invaluable compliance tool. Ideal for clients being treated for depression, anxiety, bipolar, and mood disorders, ADHD, dementia, schizophrenia, and sleep disorders.

Highlights include the latest strategies, best practices and reference guides for:

- \* Symptoms and diagnosis
- \* Neuroscience and impact for treatment
- \* Medication purpose, side effects and how to manage
- \* Steps to monitor progress
- \* Avoiding relapse



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