



Lithium and Manic Depression: A Guide

James W. Jefferson, John H. Geist

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Lithium is the best established of all the medications to treat manic depression (bipolar disorder). Drs. Bohn and Jefferson give a thorough, up-to-date description of how lithium is used and answer the questions patients and their families often ask. They are practicing clinicians who are familiar with the latest research findings, as well as with how lithium has affected their patients and what those patients most wanted to know. This booklet, first published in 1982, has been revised ten times, most recently in 1996. Over 425,000 copies have been distributed.

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