

Treating Bipolar Disorder A Clinicians Guide To Interpersonal And Social Rhythm Therapy Guides To Individualized Evidence Based Treatment

Bipolar Disorder
 Recognition, Understanding, and Treatment
 A Guide for Clinicians
 Keys to the Successful Treatment of Bipolar Disorder
 Cognitive Therapy for Bipolar Disorder
 Clinical Course and Outcome
 The Bipolar Book
 Treatment of Bipolar Illness
 Psychoeducation Manual for Bipolar Disorder
 Treating Bipolar Disorder
 A Child- and Family-focused Cognitive-behavioral Treatment for Pediatric Bipolar Disorder : Clinician Guide
 Cognitive Dysfunction in Bipolar Disorder
 Bipolar II Disorder
 Clinical Manual for Management of Bipolar Disorder in Children and Adolescents
 Practice Guideline for the Treatment of Patients with Bipolar Disorder (revision)
 The Life Goals Program, Second Edition
 Managing Bipolar Disorder in Clinical Practice
 Psychological Treatment of Bipolar Disorder
 The Treatment of Bipolar Disorder
 Clinical Guide to Depression and Bipolar Disorder
 The Clinician's Guide to Diagnosis
 Handbook of Diagnosis and Treatment of Bipolar Disorders
 Bipolar Disorder
 An Information Guide
 Clinical Course and Outcome
 A Therapist's Guide To Treating Bipolar Disorder With Hypnosis
 Bipolar Disorder
 A Clinician's Guide to Biological Treatments
 Bipolar Disorders
 Treatment of Bipolar Disorder in Children and Adolescents
 Bipolar Disorder
 A Casebook for Clinicians and Patients
 An Introduction to Environmental Stress-Targeted Therapy
 A Cognitive Behavior Treatment Program
 Tools for Controlling Your Mood Swings
 Bipolar Disorders
 Bipolar Disorder
 Advances in Treatment of Bipolar Disorders
 Structured Group Psychotherapy for Bipolar Disorder
 A Family-Focused Treatment Approach

*Treating Bipolar Disorder A Clinicians Guide To
 Interpersonal And Social Rhythm Therapy Guides To
 Individualized Evidence Based Treatment*

Downloaded from process.ogleschool.edu by guest

LEON KEIRA

Bipolar Disorder Guilford Publications

People who have extreme mood swings may have bipolar disorder, or manic-depressive illness. Their moods may have nothing to do with things going on in their lives. The symptoms of bipolar disorder affect not only mood, but also how people think, behave and function. This guide discusses: what bipolar disorder is the symptoms, patterns and causes the treatment options what to expect during recovery from an episode of mania or depression how partners and family members can be supportive and helpful. This guide will help people with bipolar disorder, along

with their families and friends, to navigate through the highs and lows toward recovery."

Recognition, Understanding, and Treatment American Psychiatric Pub

Although our knowledge of mood disorders is expanding, comparatively little is known about bipolar depression in particular. This book offers the most up-to-date information about the diagnosis, treatment, and research surrounding bipolar depression. Early chapters provide diagnostic information and review the course, outcome and genetics of this heritable condition. The book gives a thorough and unique overview of the neurobiology of the disorder, including neuroimaging work. Several chapters delineate the treatment of bipolar depression in special populations such as children and pregnant women. Furthermore, the particular issues of suicide, focusing on the need for assessment during both acute and maintenance treatment, are addressed. Finally, acute and long-term treatment strategies for bipolar depression are discussed, including both traditional and novel therapeutics, as well as non-pharmacological treatments. This

volume offers researchers and clinicians key insights into this devastating disorder.

A Guide for Clinicians American Psychiatric Pub

Bipolar disorder, or manic depression, is characterised by episodes of pathological mood states. The two poles are mania (with a predominant elated or irritable mood) and depression (with feelings of sadness, anxiety, guilt or hopelessness) but mixed states frequently occur. Episodes can last for many months and profoundly affect physical health, relationships and careers. Since diagnosis and management are difficult, this practical guide provides an overview of the disorder and detailed guidelines for treating the illness throughout its stages, from authors internationally renowned for their work in bipolar disorder. Also discussed are disease theories, mechanisms and key clinical trials, as well as chapters devoted to psychosocial treatments, substance misuse and insights from 'lived experience'. In-depth analyses of selected population groups, including youth, the elderly and women, complement guidelines for clinical approaches in managing bipolar

disorder. Comprehensive and detailed, this guide will prove invaluable to clinicians, general practitioners, psychiatrists and psychologists.

Keys to the Successful Treatment of Bipolar Disorder W. W. Norton & Company

This book offers practical help for patients, their families and loved ones. Although bipolar disorder is relatively common, clinical research shows that the most frequent treatments lead to poor outcomes in all but a small minority of patients. Calm Seas shares approaches which have been shown to lead to long periods of stable recovery in many patients. Feel as if bipolar disorder is untreatable? Bipolar disorder strikes many of us as mysterious. The patients themselves often don't view it as a problem. Those loved ones trying to pick up the pieces often don't know where to turn for help. Employers and family don't know if there is any chance the condition will ever become manageable, etc. Bipolar disorder seems to many to be difficult to treat, or perhaps even untreatable. Many patients, families, and even clinicians, however, don't seem to be aware that the treatment approaches most commonly used in the United States have repeatedly been shown in clinical research studies to lead to poor outcomes in all but a small minority of patients. Yet scientifically documented and much more successful treatment approaches are readily available, and have been shown to lead to long periods of stable recovery in many patients. Unfortunately, these approaches have been almost completely forgotten. They aren't widely known, taught, or applied. In the meantime, 2 1/2 million people with bipolar disorder in the US alone continue to suffer an unpredictable, out of control, emotionally painful inability to function for years or decades of their lives due to bipolar disorder, with significant risk of suicide. The odds aren't very good unless they and their loved ones become experts on the progression and treatment of bipolar disorder. Helping them to do so is the purpose of this book. These are the lessons the author has learned in his thirty years of treating patients and his extensive review of the clinical research literature on the treatment of bipolar disorder. Based on the above observations, he has come to see that one of his main functions with his own patients is to teach them, and their families and loved ones, to understand bipolar disorder and its treatment. In the process he has routinely seen his patients and families take on a considerably more active role in their treatment. This collaborative approach, together with an evidence-based approach to the treatment, seems to help the patients become much steadier. Many of them reach stable recovery, that is six months or more with more even moods, no major mood episodes, and greater ability to function in their lives. This book describes bipolar disorder and its successful treatment in considerable detail, focusing primarily on those factors that affect long-term outcomes. The book uses numerous pictures, graphs, tables, and clinical case histories to simplify and explain the story and make it more understandable.

Cognitive Therapy for Bipolar Disorder American Psychiatric Pub

Bipolar disorder has served as a principal point of focus for modern psychiatric research since the advent of the psychopharmacological revolution. Yet, the disparity between optimal and typical care for bipolar disorder is perhaps nowhere larger, and its human and economic impact nowhere greater. An important and much-needed resource, *Bipolar Disorders: Clinical Course and Outcome* relates empirical data on outcome with practical information on the prognosis, course, and potential complications of bipolar disorders in the modern era. Pulling together current knowledge on bipolar disorders from leading investigators in the field, *Bipolar Disorders* provides a concise, up-to-date summary of affective relapse, comorbid psychopathology, functional disability, and psychosocial outcome in contemporary bipolar disorders. Important issues regarding pharmacoeconomics and the burden of disease are presented in conjunction with a discussion of mania through the life cycle and a summary of clinical and treatment implications. In addition, this timely resource covers the effect of lithium and anticonvulsants on outcome during controlled and naturalistic treatment; manic outcome in relation to specific comorbidities or subtypes of illness for mixed mania, alcoholism or other substance abuse, rapid-cycling bipolar disorders, hypomania, and comorbid anxiety disorders; individual psychotherapy and family psychoeducation; and the role of public sector psychiatry and community-based treatment programs for chronic bipolar illness. As part of the Clinical Practice Series of the American Psychiatric Press, this book integrates current clinical research findings with practical clinical applications, providing a broad overview of course and outcome for bipolar patients treated under typical treatment conditions. Aimed at both clinicians and investigators, this book consciously relates naturalistic follow-up studies in mania to the routine clinical management of bipolar disorders over time.

Clinical Course and Outcome American Psychiatric Pub

Unlike its cousin, bipolar I disorder, which has been extensively studied and depicted in popular

literature and on screen, bipolar II disorder is poorly understood, underdiagnosed, and insufficiently treated. *Bipolar II Disorder: Recognition, Understanding, and Treatment* is the only text on the market that examines every aspect of the disorder in an up-to-date, rigorous, and clinically oriented manner. The editors, experts on the diagnosis and treatment of this neglected illness, have gathered a group of contributors who together advance the reader's knowledge of the disease in a systematic, accessible way, identifying and addressing the challenges of diagnosis and treatment and exploring current thinking on the biological determinants of the disorder. Acknowledging potential pitfalls of differential diagnosis, the book examines psychiatric comorbidities that most typically co-occur with bipolar II, such as anxiety disorders, impulse-control disorders, and borderline personality disorder. Next, the book focuses on the growing body of evidence that suggests that the underlying biology of bipolar II is distinct from that of other mood disorders and discusses the increasingly important role that neuroimaging plays in the diagnosis and understanding of bipolar II disorder as research progresses. Finally, the text explores how to manage bipolar II disorder, providing an up-to-date review of medication options and psychosocial treatments. The book's strengths are many and compelling: * Individual chapters are written by experts in the fields of phenomenology, genetics, neuroimaging, psychopharmacology, psychotherapy, child psychiatry, and reproductive mental health who review what is currently known about bipolar II disorder and its management.* A special chapter on suicide describes a framework for understanding risk and a clinical model for conducting suicide risk assessment specific to individuals with bipolar II disorder. The chapter underscores factors associated with increased risk in bipolar II disorder and identifies strategies to mitigate that risk.* Written for a professional audience, the book may also be of interest to patients who want to learn more about their own diagnosis and to those who wish to support them.* Fascinating case vignettes and concise key points are provided throughout the text, helping readers to understand and contextualize the most important information in each chapter for easy reference and review.* Although advances have been made in understanding bipolar II disorder since the diagnosis was first codified in 1994, many gaps remain in the evidence base, particularly related to optimal treatments and neurobiology, and the book examines future directions for inquiry. For years, clinicians had little guidance for diagnosing and treating bipolar II disorder, relying on treatment options for bipolar I disorder, which were inadequate and of limited efficacy. *Bipolar II Disorder: Recognition, Understanding, and Treatment* responds to these frustrations with evidence-based, substantive, and up-to-the-minute information, demystifying the disorder and equipping the reader to provide the highest standard of care.

The Bipolar Book American Psychiatric Pub

Grounded in current knowledge about bipolar disorder and its treatment, this book presents an empirically supported therapy program with step-by-step guidelines for implementation. Mindfulness-based cognitive therapy (MBCT) for bipolar disorder is specifically designed for clients who have experienced many mood episodes and who struggle with chronic, pervasive depressive and residual manic symptoms. The authors provide everything needed to conduct the 12 weekly group sessions, which are supplemented by regular individual sessions. Reproducible tools include 29 client handouts and an Instructor Checklist. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus the reproducible materials, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only.

Treatment of Bipolar Illness Psychology Press

Bipolar disorder is among the most common conditions affecting humankind and one of the leading causes of disability worldwide. It is a complex and dynamic psychiatric condition that makes it difficult to both understand and manage. However, with good management, people affected by bipolar disorder can lead very successful lives. This book was written specifically with new psychiatrists and mental health practitioners in mind to facilitate their ability to care for this condition. Chapters review clinical presentation and epidemiology, etiology and neurobiology, and treatment of bipolar disorder.

Psychoeducation Manual for Bipolar Disorder Guilford Press

Bipolar disorder is one of the most common and potentially devastating psychiatric illnesses. This essential text book provides clinicians with an extraordinarily well-balanced and comprehensive overview of rational and research-informed contemporary clinical practice in the assessment and medical management of patients with bipolar disorder. With the advent of a new generation of treatments, there is a resurgence of interest in the pharmacological treatment of bipolar disorders.

In *Bipolar Disorders*, clinicians who are faced with making choices from a variety of treatments are instructed how to mold their practice around the long-term symptomatic and functional needs of their patients. With a focus on pharmacotherapy, the foundation of symptomatic treatment, *Bipolar Disorders* provides the most recent analysis of the data regarding efficacy and safety of medications along with practical guidelines with which treatment choices can be made.

Treating Bipolar Disorder American Psychiatric Pub

A thoroughly updated version of a key practitioner text, this new edition includes a treatment manual of cognitive-behavioural therapy for Bipolar Disorder which incorporates the very latest understanding of the psycho-social aspects of bipolar illness. Updated to reflect treatment packages developed by the authors over the last decade, and the successful completion of a large randomized controlled study which shows the efficacy of CBT for relapse prevention in Bipolar Disorder *Demonstrates* the positive results of a combined approach of cognitive behavioural therapy and medication Provides readers with a basic knowledge of bipolar disorders and its psycho-social aspects, treatments, and the authors' model for psychological intervention Includes numerous clinical examples and case studies

A Child- and Family-focused Cognitive-behavioral Treatment for Pediatric Bipolar Disorder : Clinician Guide John Wiley & Sons

This readable guide to the assessment and management of patients with bipolar disorder can help physicians keep abreast of dramatic and rapid advances of recent years and integrate them into their practice. *Handbook of Diagnosis and Treatment of Bipolar Disorders* emphasizes recent controlled studies and FDA-approved indications and translates these data into the real world of clinical practice. The contributions of the eleven chapter authors from Stanford University reflect more than a decade of clinical research and treatment undertaken at that institution, including advances in diagnosis and interventions supported by controlled studies. They provide crucial information regarding diagnosis, pharmacotherapy, psychotherapy, and treatment of patients from special populations -- such as children, women, and older adults -- and patients with particular challenging illness course such as rapid cycling. This is the first book to provide quantitative assessment of potential benefit (number needed to treat) and risk (number needed to harm) for all approved treatments for bipolar disorder, providing clinicians with information needed to balance benefits and risks in order to render individualized state-of-the-art, evidence-based care. It describes all FDA-approved indications -- reviewing efficacy, safety, tolerability, pharmacokinetics, illness phase-specific dosing, and drug interactions. A chapter on multiphase treatment strategy explains crucial illness transition points and describes how these have been integrated with knowledge of illness phase in mood disorders. The book then demonstrates the relevance of this approach to therapeutics by providing: An overview of pharmacotherapy that covers the emergence of evidence-based pharmacotherapy and number-needed-to-treat and -harm analyses. Guidelines to managing acute manic and mixed episodes that include evidence-based assessments of lithium, divalproex, carbamazepine, and second-generation antipsychotics. Coverage of acute major depressive episodes in bipolar disorders that outlines four tiers of treatment for this most pervasive illness phase with the fewest approved treatments. Discussion of the longer-term management of bipolar disorders, including reviews of controlled trials of recently approved pharmacotherapies such as lamotrigine, olanzapine, aripiprazole, and adjunctive quetiapine. A review of the use of mood stabilizers and second-generation antipsychotics, often in combinations, as well as the controversial role of adjunctive antidepressants in treating patients with rapid-cycling bipolar disorders. Description of important advances in evidence-based adjunctive psychotherapeutic interventions in bipolar depression, and bipolar maintenance treatment. Comprehensive in scope, yet readily accessible for application to clinical practice, the book includes summary tables, quick-reference lists of clinical pearls, and case studies to make its content more relevant. *Handbook of Diagnosis and Treatment of Bipolar Disorders* is the ideal source for integrating recent research into everyday practice.

Cognitive Dysfunction in Bipolar Disorder FriesenPress

A growing body of clinical and experimental evidence shows that neurocognitive dysfunction is a fundamental -- yet frequently ignored or misidentified -- component of bipolar disorder. The first comprehensive book of its kind, *Cognitive Dysfunction in Bipolar Disorder: A Guide for Clinicians* compiles the latest data in neuropsychology, neuroimaging, neurogenetics, and functional outcomes research to enable clinicians to more effectively utilize pharmacological and psychotherapeutic techniques in their treatment of bipolar disorder. This volume outlines and demystifies current knowledge about neuropsychological functioning in bipolar disorder in a

reader-friendly, easy-to-understand guide for practitioners. Its 12 chapters, written by 23 internationally-renowned expert contributors, examine such topics as attentional and executive functioning, neuroimaging and genetic correlates of cognitive functioning, pharmacological strategies, bipolar disorder in pediatric patients, and cognition across the life span. The book also comes with the added benefit of a review of neurocognitive domains, examples of their operation in everyday life, the neuroanatomical regions with which they are associated, and common tests used to assess their function. Summarized data from large-scale clinical trials, including the National Institute of Mental Health Antipsychotic Trials of Intervention Effectiveness (CATIE) study. Take-home points at the end of each chapter summarizing main concepts and "clinical pearls". Case studies and illustrative examples depicting the application of specific neurocognitive principles. Using relevant applications from cognitive neuroscience, Cognitive Dysfunction in Bipolar Disorder provides clinicians with a comprehensive overview of astounding breakthroughs in the assessment and treatment of patients with bipolar disorder. It plows new ground in the mental health industry, correcting distortions and laying the foundation for future clinical research in this rapidly expanding field.

Bipolar II Disorder Cambridge University Press

First Published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

Clinical Manual for Management of Bipolar Disorder in Children and Adolescents Guilford Press

Bipolar spectrum disorders are characterized by severe mood dysregulation, rage, irritability, and depression, along with low self-esteem and interpersonal struggles. Children with bipolar symptoms also tend to have poor academic performance and disruptive school behavior, and their families often experience strained relationships and increased conflict. RAINBOW: A Child- and Family-Focused Cognitive-Behavioral Treatment for Pediatric Bipolar Disorder presents a 12-session family-based treatment intervention for children aged 7-13 with bipolar spectrum disorders. The CFF-CBT/RAINBOW program comprises four innovative aspects in that it: (1) is designed to be developmentally specific to children in this age group; (2) is driven by the distinct needs of these children and their families; (3) involves intensive work with parents parallel to the work with children in order to directly address parents' own therapeutic needs, as well as helping them develop an effective parenting style for their child; and (4) integrates psychoeducation, cognitive-behavioral therapy, and interpersonal therapy techniques, tailored to the unique needs of these children, to augment the effects of pharmacotherapy. This Clinician Manual includes a conceptual overview for each session as well as step-by-step instructions for clinicians with all accompanying handouts, worksheets, and in-session games/activities. It provides clinicians with a comprehensive set of tools and a structured approach to guiding children and families. RAINBOW has been shown to significantly reduce mood symptoms and improve overall functioning for children with bipolar spectrum disorders.

[Practice Guideline for the Treatment of Patients with Bipolar Disorder \(revision\)](#) American

Psychiatric Pub

This innovative manual presents a powerful approach for helping people manage bipolar illness and protect against the recurrence of manic or depressive episodes. Interpersonal and social rhythm therapy focuses on stabilizing moods by improving medication adherence, building coping skills and relationship satisfaction, and shoring up the regularity of daily rhythms or routines. Each phase of this flexible, evidence-based treatment is vividly detailed, from screening, assessment, and case conceptualization through acute therapy, maintenance treatment, and periodic booster sessions. Among the special features are reproducible assessment tools and a chapter on how to overcome specific treatment challenges.

The Life Goals Program, Second Edition Springer Science & Business Media

This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression.

Managing Bipolar Disorder in Clinical Practice American Psychiatric Pub

Conceived in the early 1970s to study the phenomenology, diagnosis, genetics, and clinical course of depression, the NIMH Collaborative Depression Study (CDS) has influenced research and practice since its inception. Clinical Guide to Depression and Bipolar Disorder: Findings From the Collaborative Depression Study summarizes key findings from the study and the related literature to provide comprehensive and up-to-date knowledge on the course and outcome of illness in mood disorders. Nowhere else can clinicians find such detailed longitudinal data, combined with astute clinical analysis of the current research. The volume offers: Historical background on how psychodynamic psychiatry was overtaken by psychobiological perspectives, and the challenges and controversies that gave rise to the CDS, providing the context necessary to understand the profession's development to the present day. A wealth of information on nosology, natural history, phenomenology, and treatment response in depressive and bipolar disorders. Detailed descriptions of the study methods employed, providing information and insights that will assist researchers in the longitudinal design of prospective cohort studies. Comprehensive review of outcomes in mood disorder, including delineation of the long-term course of bipolar I, bipolar II, and unipolar major depressive disorders, the implications of which will continue to be instrumental in the development of psychiatric nosology and indispensable to clinicians engaged in assessment and treatment. Critical information clinicians need in order to read the clinical signs in their patients and predict the "switch" from unipolar to bipolar disorder. A fascinating review of the evolution of diagnostic thinking about the role of anxiety in mood disorders, and the contributions of the CDS to the newly published DSM-5®. Each chapter is accompanied by a time-saving summary, as well as a section on clinical implications that translates the findings into practical points and key recommendations clinicians need to know to provide optimal care. Psychiatrists, clinical psychologists, residents, and fellows will turn to Clinical Guide to Depression and Bipolar Disorder: Findings From the Collaborative Depression Study to better understand the course and outcome of their patients' mood disorders and, ultimately, to improve their clinical skills.

Psychological Treatment of Bipolar Disorder Centre for Addiction and Mental Health

Although the mainstay of bipolar therapy is drug treatment, psychoeducation is a technique that has proven to be very effective as an add-on to medication, helping to reduce the number of all types of bipolar recurrences and hospitalisation. The object is to improve patients' understanding of the disorder and therefore their adherence to pharmacotherapy. Based on the highly successful, evidence-based Barcelona program, this book is a pragmatic, therapists' guide for how to implement psychoeducation for bipolar patients. It gives practical guidance for how to conduct a psychoeducation group, using sessions and cases drawn from the Barcelona Psychoeducation Program. Moreover, it provides the reader with a great amount of practical tips and tricks and specific techniques to maximize the benefits of bipolar psychoeducation. The authors formed the first group to show the efficacy of psychoeducation as a maintenance treatment and have a long history of performing bipolar psychoeducation.

The Treatment of Bipolar Disorder Oxford University Press

Clinical Manual for Management of Bipolar Disorder in Children and Adolescents was written in response to the growing body of knowledge surrounding pediatric bipolar illness and the underlying biological, environmental, and psychosocial influences that exacerbate symptoms and behavior. Written to provide clinically useful information about diagnosis and management, this manual is a comprehensive collection of empirical evidence, case studies, and the growing number of evidence-based reports on pediatric bipolar disorder over the past five years. This manual also contains several chapters provided by Dr. Mary Fristad and her team at The Ohio State University - experts in family and psychosocial aspects of pediatric bipolar disorder. Her contributions, along with vast clinical evidence and the expertise provided by Drs. Kowatch, Findling, and Post, help paint an accurate picture of everything from age onset to the effectiveness of various therapies. In this manual, clinicians can refer to the following tools: A clinical description of childhood and adolescent bipolar disorder. Management strategies for the patient including daily mood charting. Current medication strategies and tactics. Ways to help patients through the educational system. Resources for clinicians, parents and patients. A review of the future directions for childhood and adolescent bipolar disorder. The many new developments in the field of pediatric bipolar disorder are affirming what this manual emphasizes -- that a combination of family and cognitive-behavior therapy can work in tandem with medical treatments to help young bipolar disorder patients achieve a more balanced life and a greater chance of controlling this illness later in life. The manual demonstrates how the medical community has shifted from asking, "Does bipolar disorder really exist in children and adolescents?" to "How can we best predict, diagnose and treat this serious medical disorder?" through a review of 25 years of study and insight.

Clinical Guide to Depression and Bipolar Disorder Guilford Press

"Robert Post is one of the modern pioneers and towering figures in the investigation and treatment of bipolar illness. This volume is a master class in bipolar disorder."--Russell T. Joffe, MD, Professor of Psychiatry, New Jersey Medical School.

Best Sellers - Books :

- [My First Learn-to-write Workbook: Practice For Kids With Pen Control, Line Tracing, Letters, And More!](#)
- [The Wonderful Things You Will Be](#)
- [How To Win Friends & Influence People \(dale Carnegie Books\)](#)
- [The Wonderful Things You Will Be By Emily Winfield Martin](#)
- [Why A Daughter Needs A Dad: Celebrate Your Father Daughter Bond This Father's Day With This Special Picture Book! \(always In](#)
- [Spare](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything By Christopher F. Rufo](#)
- [Never Lie: An Addictive Psychological Thriller By Freida Mcfadden](#)
- [Things We Never Got Over \(knockemout\)](#)
- [If Animals Kissed Good Night](#)