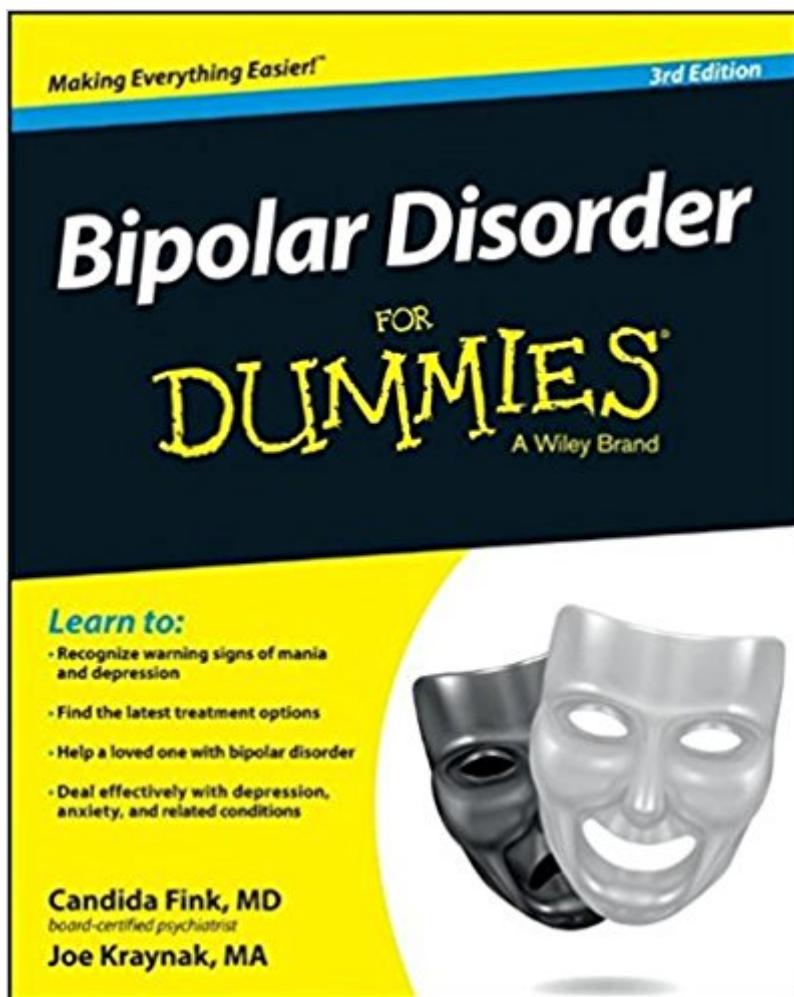


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# Bipolar Disorder For Dummies



## Synopsis

Take control of bipolar disorder When you or a loved one is diagnosed with bipolar disorder, it can be a time of fear and worry. *Bipolar Bipolar Disorder For Dummies*, 3rd Edition is a reassuring guide that sorts out the differences between bipolar I, bipolar II, and cyclothymic disorder; explains the biology behind the illness; and covers the latest medications, therapies, and self-help techniques to ease and eliminate symptoms, function in times of crisis, and plan ahead for manic or depressive episodes. This latest edition includes coverage of the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) classifications and specifiers for bipolar disorder, updated content on genetics, biochemistry, and imaging studies relevant to bipolar; expanded coverage on how to handle the high costs of treatment; guidance for supporting a loved one (who may not want help); and expert insight into medications and treatment options, including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and deep brain stimulation (DBS); along with new coverage on special populations (differences in diagnosing and treating bipolar disorder in women, seniors, expectant moms, ethnic populations, and other groups). Bipolar disorder, which has also been called manic-depression, is a brain disorder that causes unusual mood swings and shifting energy levels. The symptoms of bipolar disorder can, if not understood and properly treated, disrupt relationships, families, and careers. The good news is that bipolar disorder responds very well to the right medication, therapy, and self-help strategies and skills. When bipolar disorder makes you feel as though you're losing control, reach for *Bipolar Disorder For Dummies*—the book that puts you back in the driver's seat. Recognize the warning signs of mania and depression Tell the difference between bipolar I, bipolar II, and related conditions Discover which medications are best for treating both poles of bipolar disorder—depression and mania—and for treating related conditions, including anxiety Find practical strategies for dealing with medication side effects Develop communication, problem-solving, and conflict-management skills for preventing and dealing with the interpersonal conflict that often accompanies bipolar disorder Find out what you can do to help a loved one with bipolar disorder *Bipolar Disorder For Dummies*, 3rd Edition offers straightforward, reassuring information about bipolar disorder to help you or your loved one conquer the illness.

## Book Information

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## Customer Reviews

When we sat down to discuss our approach for *Bipolar Disorder For Dummies*, we considered the audience for the book and decided to address both those who have been diagnosed with bipolar disorder and their friends and family members. One of the most challenging aspects of bipolar disorder is that although only one person might carry the diagnosis, friends and family members are all affected by it in some way and all play an important role in reducing stress and assisting the person who has bipolar obtain and maintain treatment. Both of us (Candida in her practice and Joe in his family) noticed that family members, simply by being uninformed, can unwittingly increase the stress that often triggers a mood episode. This is not to say that loved ones cause bipolar disorder, but research shows that a strong support network improves the treatment outcome. We wanted to ensure that friends and family members are well aware of their roles and responsibilities. By becoming better informed, through our book and other sources of accurate information, family and friends can learn more effective techniques for communicating with one another and building a more effective support network. *Bipolar Disorder For Dummies* is a comprehensive how-to manual that discusses the diagnosis and the most effective treatment options currently available. We believe that medication alone is very helpful but often not completely effective, for whatever reason, and we recommend several therapies in addition to medication, including cognitive behavioral therapy, social rhythm therapy, and relationship and family therapy. We also discuss alternative therapies, some of which are complete bunk and others of which some people with bipolar disorder have found helpful. By presenting the available tools and helping readers steer clear of useless or counterproductive alternatives, we hope to enable those with bipolar disorder and their families, along with the guidance of their qualified doctors and therapists, to structure a treatment plan that works most effectively for all involved.

Learn to: Recognize warning signs of mania and depression Find the latest treatment options Help

a loved one with bipolar disorder Deal effectively with depression, anxiety, and related conditions A clear and insightful guide to successfully managing bipolar disorder Are you or a loved one dealing with the struggles of bipolar disorder? This complex illness is recognized as the fifth leading cause of disability worldwide and presents unique challenges throughout the recovery process. Fortunately, medication, therapy, and self-help strategies have proven very effective in stabilizing and maintaining moods. This newest edition of Bipolar Disorder For Dummies is a reassuring and practical guide to recovery. Know the poles ; discover the diagnostic criteria for mania and depression and the various forms of bipolar disorder Tame the beast ; discover the importance of confirming the diagnosis with a complete psychiatric evaluation and formulating a comprehensive treatment plan Damage control ; get guidance on how to deal with the physical, emotional, and financial fallout that commonly accompanies a major mood episode and long-term struggles with bipolar disorder Self-help strategies ; develop techniques to identify the early signs of oncoming mood episodes and stop them in their tracks Open the book and find: DSM-5 diagnostic criteria for bipolar disorder I and II and related conditions How to handle the high cost of treatment Advice on vitamins and other supplements that may help with mood management Psychotherapies and self-help strategies Do's and don'ts for helping a loved one with bipolar disorder Information on the diagnosis and treatment of children and adolescents

I love the writing style of the book. It's easy to understand and it has helped me to understand and learn to live with bipolar disorder. Lots and lots of helpful information on how to identify and learn how to cope with the roller-coaster that I have to deal with sometimes. Thank you for this book!

Just found out a week ago that I'm bipolar I. It explains everything extremely well and goes into great detail.

This is a very helpful book. Anyone trying to live with someone that has this disorder needs this information! It's very helpful and delivered in small doses that the reader can process.

This was bought for a friend with bipolar disorder and she said it was very useful!

Good book

No problems

Informative, well organized, makes some key ideas about mood disorder recovery clearly understandable for patients and their families.

Every case is different but this covers many topics decently.

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Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Beautiful Bipolar: A Book About Bipolar Disorder Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder Bipolar Disorder For Dummies Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Bipolar Disorder, My Biggest Competitor: An Olympian's Journey with Mental Illness The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder, Third Edition Under My Helmet: A Football Player's Lifelong Battle with Bipolar Disorder The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Bipolar Disorder: A Guide for Patients and Families (2nd Edition)

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