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Loving Someone With Bipolar Disorder Understanding
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Guide Survival Strategies for Parenting Children with
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to Manage Your Bipolar Living with Bipolar
Disorder Christian with Bipolar Disorder The Bipolar
Teen The Bipolar II Disorder Workbook The Bipolar
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For Dummies Take Charge of Bipolar Disorder Surviving
Manic Depression Daughter of the Queen of
Sheba Mindfulness for Bipolar Disorder Sound
Mind Bipolar Disorder The Ups and Downs of Raising a
Bipolar Child An Unquiet Mind The Up and Down
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and Bipolar Disorder Bipolar Disorder Bipolar, Not So
Much Understanding Your Mood Swings and
Depression Two Bipolar Chicks Guide To Survival

Loving Someone With Bipolar Disorder

This much-needed volume provides essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. The authors draw on state-of-the-art research as well as their extensive clinical experience as a psychotherapist and a psychopharmacologist. In a readable and accessible style, they offer expert guidance on critical treatment questions. Vivid case examples reflect the diverse illness presentations encountered daily by clinicians in community mental health settings. -- Book Jacket

Understanding Bipolar Disorder

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes

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of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

Bipolar Disorder Survival Guide

Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

Survival Strategies for Parenting Children with Bipolar Disorder

A compassionate approach to understanding and

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supporting loved ones with bipolar disorder If your loved one was recently diagnosed with bipolar disorder, you probably have a lot of questions and concerns about how to help them live the healthiest life possible. Understanding Bipolar Disorder answers those questions and offers helpful guidance with essential information, practical strategies, and support for families of people suffering from bipolar disorder. Learn about what bipolar is, how it's diagnosed, the science behind it, and the treatments available, including medication, therapies, and community support. You'll find effective tools for dealing with a diagnosis as a family, advice for exploring therapy options as a team, and simple techniques for managing your family's stress levels to prevent emotional burnout. Understanding Bipolar Disorder includes: Relatable anecdotes--Read about what it's like to have bipolar disorder and to live with someone who has it. Family friendly activities--Explore exercises and questions you can work through together so you can learn how to best support your loved one with bipolar. Tools for thriving together--Discover tools that help you flourish as a family, including advice for getting ahead of moods, setting boundaries, maintaining healthy relationships, self-care, and more. Take the first step toward understanding and managing bipolar disorder--together.

Bipolar Disorder Survival Guide: How to Manage Your Bipolar

Seven years ago, John McManamy was diagnosed with

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bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In *Living Well with Depression and Bipolar Disorder*, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: Diagnosing the problem Associated illnesses and symptoms Treatments, lifestyle, and coping The effects of depression and bipolar disorder on relationships and sex With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, *Living Well with Depression and Bipolar Disorder* will help sufferers begin to reclaim their lives.

Living with Bipolar Disorder

A revised edition of this important study discusses the diagnosis and treatment of early onset bipolar disorder in children, arguing that many youngsters who are currently being treated for ADHD and depression may actually be suffering from the early stages of manic depression.

Christian with Bipolar Disorder

This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the

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early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression.

The Bipolar Teen

HELP IS HERE Bipolar disorder has recently been identified as one of the most misunderstood and underdiagnosed conditions affecting children -- and it is dramatically on the rise. The Ups and Downs of Raising a Bipolar Child gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

The Bipolar II Disorder Workbook

Christians living with mental illness need proper coping skills. Medication is not a cure all. This survival book is intended for those suffering with Bipolar Disorder. At the time of writing the author was diagnosed with BP. He now is said to have schizoaffective disorder - bipolar type. From research to experience, Christian with Bipolar Disorder is for those who have the illness as well as those trying to understand what their loved ones are experiencing.

The Bipolar Disorder Survival Guide, Third Edition

'A definitive guide covering all aspects of Bipolar in children, from spotting the symptoms to getting the

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George Lynn's Bipolar For Dummies Bipolar
Bipolar Disorder Survival Guide

correct interventions to help cope with the condition. This book explains the Biological causes and helps to separate the symptoms from those of other conditions including, Tourettes, Aspergers and ADHD, whilst acknowledging that the conditions can appear as co-morbid in some children. Full of practical help and support George Lynn discusses various case histories and how to cope as a parent, along with a guide to help the child learn strategies to live with Bipolar.' - adders.org 'The author, George Lynn, is a certified medical health counselor who has pioneered the usage of psychotherapy for adults and children with neuropsychological issues. When his own son was diagnosed with Tourette syndrome in 1991, he realized that personality can be powerfully impacted by brain chemistry independent of environmentThe book is orientated for parents, but I believe many professionals can find helpful tips and information.' - International Journal of Adolescent Medical Health 'George T. Lynn's book, Survival Strategies for Parenting Children with Bipolar Disorder is a valuable resource for parents and those in the mental health profession. The author draws on his experience as a counselor to describe the symptoms of Bipolar Disorder and Bipolar Disorder co-existing with Asperger's Syndrome, Tourette's Disorder or ADHD. He provides a clear, comprehensive perspective on effectively parenting a child with bipolar disorder. He also explains what characteristics the disorders have in common and how they differ from each other. Lynn is skilled at developing the differential diagnosis of disorders that often have significant overlapping characteristics. In every chapter Lynn provides a comprehensive case history, parent survival

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strategies and simple, straightforward tips for surviving meltdowns. He includes a section on brain physiology, medication management and school success. He gives practical advice about difficult decisions that parents often have to make, including when to call the police and the pros and cons of psychiatric hospitalization. With this book, George Lynn has made a major contribution in the area of parenting children with Bipolar Disorder. He successfully instructs the reader on how to understand and identify the symptoms of these disorders and at the same time how to focus on the child's strengths or "gifts". He delivers a well written and interesting book that provides realistic solutions to difficult problems, and hope to families of these exceptional children.' - Metapsychology Online Review

Up until five years ago, the professional community did not think that Bipolar Disorder occurred in children. Children with symptoms of Bipolar Disorder were diagnosed as 'severe ADHD', 'depressed' or 'Oppositional Defiant'. Now, as it is being increasingly diagnosed, George Lynn offers clear, practical advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges of parenting a child with Bipolar Disorder. As it is frequently found in combination with ADHD, Tourette Syndrome and Asperger's Syndrome, the author draws on case-studies from his own psychotherapeutic practice to show what these conditions have in common, how they differ, and how they relate to each other. Survival Strategies for Parenting Children with Bipolar Disorder, tackles the most difficult decisions parents can face, including

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whether to involve police or consider hospitalization if their children are a danger to themselves and their families. At the same time, it emphasizes the positive qualities these children often have and illustrates how their gifts and abilities can build their self-esteem and help them function better in society. However severe the child's symptoms, George Lynn's book will provide guidance, support and inspiration for parents and carers as well as being a useful resource for professionals working with the families who suffer as a result of this disorder.

Bipolar Disorder For Dummies

If your teen has been diagnosed with bipolar disorder--or your child's moods seem out of control--Dr. David Miklowitz can help. The bestselling author of *The Bipolar Disorder Survival Guide* has tailored his proven treatment approach to meet the specific needs of teens and their families. *The Bipolar Teen* provides practical tools you can use to make home life manageable again. You'll learn to spot the differences between normal teenage behavior and the telltale symptoms of mania and depression. Together with your child's doctors, you'll be able to strike a healthy balance between medication and psychotherapy, recognize and respond to the early warning signs of an oncoming episode, and collaborate effectively with school personnel. Like no other resource available, this powerful book delivers ways to manage chaos and relieve stress so everyone in your family--including siblings--can find stability, support, and peace of mind.

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Take Charge of Bipolar Disorder

Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, *The Bipolar II Disorder Workbook* is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

Surviving Manic Depression

Get an accurate diagnosis and get on with enjoying and living your life! Bipolar Disorder affects many more people than just the millions who suffer from the

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disease. Like depression and other serious illnesses, bipolar disorder also affects spouses, partners, family members, friends, and coworkers. Bipolar Disorder For Dummies explains the brain chemistry behind the disease and covers the latest medications and therapies. You'll get reassuring, sound advice and self-help techniques that you and your loved ones, including kids and teens, can use to ease and eliminate symptoms, function in times of crisis, plan ahead for manic or depressive episodes, and feel a whole lot better. Covers new diagnosis methods developed by the American Psychiatric Association Increased coverage of genetics, biochemistry, and imaging studies relevant to bipolar disorder Advice on supporting a loved one (who may not want help) Updated and expanded medication guide and treatment options, including Deep Brain Stimulation Complete with fill-in-the-blank forms and charts, key online resources, and first-hand accounts from real people, Bipolar Disorder For Dummies gives you the latest information and self-help strategies you and your loved ones need to conquer this disease and get on with your lives.

Daughter of the Queen of Sheba

Many of the techniques in this book take some time to get started. The beauty of adding laughter and joy to your relationship is that you can start immediately. You can get started today. In fact, you can get started right now and then help your partner do the same. Close this book and find something to make yourself laugh. Woo hoo! Remember something funny.

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Remember something wonderful about your partner. Think of all of the joy you have experienced in life and remind yourself that it can happen again. You now have the tools to make it happen. You have a new treatment plan that can work to help you recognize, modify, and hopefully prevent your partner's major bipolar disorder symptoms. Your relationship has the opportunity to be happy, healthy, stable, and filled with joy. This book can help you through the many ups and downs you and your partner will experience as you create a more stable relationship. Read it often to find what you need at certain moments. Remember to always treat bipolar disorder first. And, most importantly, remember that laughter and joy are your first option when things get really tough. They will give you the peace of mind you need to move on and face your problems with strength. You can both do it.----Loving Someone with Bipolar Disorder

Mindfulness for Bipolar Disorder

In a firsthand look at bipolar disorder, a stand-up comedian offers a candid, often humorous look at what it is like living with the ailment, dispelling common myths surrounding mental illnesses, documenting the challenges of living with bipolar disorder, and sharing hard-won practical advice on every aspect of the problem. Original.

Sound Mind

In Mindfulness for Bipolar Disorder, psychiatrist and neuroscientist William R. Marchand provides an

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innovative, breakthrough program based in neuroscience and mindfulness practices to help you find relief from your bipolar symptoms. If you have bipolar disorder, you may experience feelings of mania or high energy, followed by periods of depression and sadness. These unusual shifts in mood, energy, and activity levels can make it extremely difficult to carry out day-to-day tasks—and ultimately reach your goals. Finding balance may be a daily struggle, even if you are on medication or in therapy. So, what else can you do to start feeling better? Mindfulness—the act of present moment awareness—may be the missing puzzle piece in effectively treating your bipolar disorder. In the book, you will learn how to actively work through feelings of depression, anxiety, and stress in order to improve the quality of your life. Written by a prominent psychiatrist, neuroscientist, and mindfulness teacher who draws upon his research experience and personal mindfulness practice as a monk in the Soto Zen tradition, this book will provide you with the tools needed to get your symptoms under control. If you've sought treatment for bipolar disorder but are still struggling with symptoms, mindfulness may be the missing piece to solving the bipolar puzzle and taking back your life. This book will help you get started right away.

Bipolar Disorder

This book provides a comprehensive but practical understanding of the clinical approach to evaluating and caring for older people with bipolar disorder.

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Aspects of aging that impact the diagnosis, clinical course, and management of bipolar disorder are explained; in particular, attention is drawn to the implications of comorbidities and medical complexity for the psychiatric care of older individuals with the disorder. On the other hand, similarities to treatment in younger patients are also identified. The coverage includes thorough review of current research in the field. Clinical case vignettes are used throughout to highlight practical points, and each chapter includes “clinical pearls” that summarize key points for the clinician. The book closes by examining anticipated research directions and the future needs of this patient population. Bipolar Disorder in Older Age Patients will be an ideal update for the practicing community or geriatric psychiatrist working with older patients with bipolar disorder./div

The Ups and Downs of Raising a Bipolar Child

From the “Two Bipolar Chicks”, Wendy K. Williamson and Honora Rose, comes this survival guide disguised as a low-key, how to manual. From their wellness vaults, they compiled three decades worth of tips for you. Filled with insightful anecdotes and personal viewpoints – which can differ – Wendy and Honora steer you through the swamps of bipolar disorder and teach you how to dodge the alligators. From advice on medication, to their own, personal journeys with acceptance, you’ll pick up tips on managing depression and mania. There is plenty of factual advice and information on treatments and tidbits for

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Publisher's Weekly and National Alliance on Mental Illness' The Advocate. She also currently blogs for BPHope.com. Together, Wendy and Honora run The Red Bank Writers Group. www.twobipolarchicks.com
www.wendykwilliamson.com

An Unquiet Mind

This is a 3-book bundle, which addresses various subtopics, including but not limited to these: Book 1: Many people have wondered what bipolar disorder is or what the symptoms are. While starting out with these simple facts, this guide goes much deeper into the subject. It covers a wide range of subtopics that will help you understand the nature of the disorder better. For example, this book talks about the relationship of bipolar disorder to sleep deprivation, genetics, nutrients, and postpartum depression. It also highlights some facts about the brain of someone with bipolar disorder, the reason why it's so dominant in the United States as compared to other countries, and much, much more. Book 2: Sometimes, when people are diagnosed with bipolar disorder, the diagnosis is wrong. In some cases, the condition is mistaken for borderline personality disorder, or the main essence of the disorder is still missing. We will investigate this further, as well as some of the criteria that a diagnosis like that has to meet. Aside from this, this book will guide you along to comprehend what the effects of social media and socializing can have on a person with bipolar disorder. Last but not least, it emphasizes how couples can cope if one of them goes through the hardships of mania, depression, or other

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Disorder For Life Manic Depression Bipolar 2 Bipolar Manic Bipolar For Dummies Bipolar Book Bipolar Survival Guide associated symptoms. Book 3: Does bipolar disorder occur in children? What are some of the main elements of a bipolar disorder? What is so difficult about diagnosing bipolar disorder? What are possible solutions? These and many other questions will be answered in this book. Aside from this, clinical concepts will be discussed, as well as nutritional resources, the connection to autism, suicidal tendencies, and the overlap of the symptoms in schizophrenia. In short, if you're trying to learn more about bipolar disorder, this book is a good choice.

The Up and Down Life

Approaching depression as a complex disorder with many different facets rather than all-or-nothing. Depression confuses the mind, strips away hope, and causes people to blame themselves for an illness they never asked for. This book presents a revolutionary new understanding of the concept of depression and offers readers skills and strategies to manage it. No longer is this a one-size-fits-all diagnosis, and antidepressants are no longer the one-size-fits-all treatment. Mood disorders are now seen to form a spectrum of problems, from common depression on one end to full bipolar disorder on the other. In between these extremes are multitudes of people who are on the middle of the mood spectrum, and this book is for them. The first part of the book helps readers answer the question, "Where am I on the mood spectrum?" By laying the foundation for understanding this spectrum, Aiken and Phelps highlight the key distinctions that define unipolarity,

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bipolarity, hypomania, mania, and depression. Readers will be able to discern which definition best fits their experience, and use this understanding to learn which treatment methods will work best. The authors also empower readers to look beyond antidepressants. They walk readers through new medications for the mood spectrum, and offer a guide to non-medication treatments that anyone can use on their own, from diet and lifestyle changes to natural supplements. The book also discusses other innovative technologies that can aid in recovery, including dawn simulators, mood apps, and blue-light filters. This thoughtful and beneficial book will offer readers skills and strategies, as well as hope, in the face of debilitating mental challenges.

Bipolar Disorder

Family-focused psychoeducational treatment (FFT) is among a very small number of psychosocial treatments that have been found to be effective in multiple studies to improve the course of bipolar disorder. This indispensable guide describes how to implement FFT with adult and adolescent patients and their family members. Provided are practical procedures for helping families understand the nature of bipolar disorder, strengthen their communication skills, solve day-to-day problems, and reduce the risk and severity of relapse. The book incorporates state-of-the-art knowledge on the illness and its biological and psychosocial management. More than a dozen reproducible handouts are included.

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Clinician's Guide to Bipolar Disorder

Mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness.

The Bipolar Child

Getting an accurate diagnosis is the first step toward reclaiming your life from bipolar disorder. But if you or someone you love is struggling with the frantic highs and crushing lows of this illness, there are still many hurdles to surmount at home, at work, and in daily life. You need current information and practical problem-solving advice you can count on. You've come to the right place. * How can you distinguish between early warning signs of bipolar mood swings and normal ups and downs?* What medications are available, and what are their side effects?* What should you do when you find yourself escalating into mania or descending into depression?* How can you tell your coworkers about your illness without endangering your career?* If you have a family member with bipolar disorder, how can you provide constructive help and support? Trusted authority Dr. David J. Miklowitz offers straight talk, true stories, and proven strategies that can help you achieve greater balance and free yourself from out-of-control moods. The updated second edition of this bestselling guide has the latest facts on medications and therapy, an expanded discussion of parenting issues for bipolar adults, and a new chapter, "For Women Only."

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Born during the Islamic Revolution and raised by Persian parents amid an affectionate and gossipy Iranian diaspora in the American heartland of Dayton, Ohio, Melody Moezzi enjoyed all the amenities of a typical American youth - Froot Loops, Saturday-morning cartoons, and Catholic school - but also experienced a distinctly Iranian upbringing- Farsi class, unbrows, saffron on everything, and Ph.D.s or M.D.s for the whole family. When Moezzi battled severe physical illness at age eighteen, her community stepped up, filling her hospital rooms with roses, lilies, and hyacinths. But when she attempted suicide and was diagnosed with bipolar disorder, there were no flowers. Locked in psych wards and bombarded with antipsychotics, she was encouraged to keep her illness a secret - by both her family and an increasingly callous medical establishment. Refusing to be ashamed, Moezzi instead became an outspoken advocate, determined to fight the stigma surrounding mental illness. Reporting from the no-man's-land between sickness and sanity, between the Midwest and the Middle East, Moezzi refused to be torn across cultural and social lines. Funny, caustic, and unique, Haldol and Hyacinthis a tribute to the healing power of hope and humor. 'Intelligent, accurate, entertaining, culturally relevant, and a little sassy.' New York Journal of Books 'Whipsmart but whimsical . . . Moezzi's fierce honesty and comic self-deprecation bind together winningly.' Boston Globe

Bipolar Disorder in Older Age Patients

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Approximately 5.7 million Americans have bipolar disorder, a brain disorder also known as manic-depressive illness. The Bipolar Disorder Answer Book is an authoritative reference for people with Bipolar Disorder and their loved ones, providing sound advice and immediate answers to their most pressing questions. Written by an experienced psychiatrist, The Bipolar Disorder Answer Book covers such topics as: -What are the symptoms and different types of Bipolar Disorder? -Can other illnesses cause Bipolar Disorder? -What therapies, medications and relapse-prevention strategies can help with Bipolar Disorder? -How does Bipolar Disorder differ in children and adults? -What special issues are there for women with Bipolar Disorder? -How can family and friends respond in a psychiatric emergency? The Bipolar Disorder Answer Book offers up clear, confident counsel in an easy-to-read Q&A format that explains confusing medical lingo and guides readers through the world of Bipolar Disorder.

Bipolar Disorder Demystified

Surviving Manic Depression is the most comprehensive, up-to-date book on the disorder that affects more than two million people in the United States alone. Based on the latest research, it provides detailed coverage of every aspect of the disorder. All aspects of the disease are addressed: symptoms, with many direct descriptions from patients themselves, risk factors, onset and cause, medications (including drugs still in the testing stage), causes, psychotherapy, and rehabilitation and how the

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disease affects children and adolescents. Here too are discussions of special problems related to manic-depressive disorder, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. Surviving Manic Depression also includes special features such as a listing of selected websites, videotapes, and other resources.

Bipolar Disorder Answer Book

Bipolar; The Elements of Bipolar Disorder

Mondimore has added sidebars on fascinating details about the history of this disorder and its treatment.

Break the Bipolar Cycle

A bipolar diagnosis can be overwhelming to sufferers and their family members. They need trustworthy information and support for finding the right treatment and coping with the illness's devastating ups and downs. Over 200,000 readers have already found exactly that in this indispensable guide from a leading expert. Explaining the disorder's causes, diagnosis, and best current treatments, David J. Miklowitz shows how to plan for and reduce recurrences of mood symptoms, make needed lifestyle changes to stay well, and strengthen relationships strained by the illness. Readers love the user-friendly tone, true-to-life stories, checklists, worksheets, and practical problem-solving advice.

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Updated throughout, the second edition has a new chapter, "For Women Only"; the latest facts on medications and therapy; and an expanded discussion of parenting issues for bipolar adults. This book will be invaluable to people with bipolar illness and their family members and significant others; mental health professionals and students.

Christian With Bipolar Disorder

Discover How You Can Overcome Bipolar Symptoms And Transform Your Life Forever! Despite what you may believe, you really can have more stability, less mood swings, and live a happier life. If it sounds too good to be true, I promise it's not! You can have all of this and more simply by learning how to deal with your bipolar symptoms in a positive way. Learn how you can control your bipolar disorder and get your life back on track! Have you been told you have bipolar disorder? Or do you know someone who does? Maybe you're worried about your moodiness, or you've noticed some pretty strange behavior in a friend or relative. The Bipolar Disorder Survival Guide gives you the information and support you need. It looks at the highs and lows, the triggers and the therapies. This Book Will Show You What You Can Do To Bring Stability Back Into Your Life If you've been diagnosed with bipolar disorder or you want to help someone who has, you'll have plenty of questions. What causes bipolar? What can trigger an episode of depression or mania? What could happen without medication? What therapies work best? Above all, how can we learn to manage the condition? Well, this book has plenty of

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answers. You'll find information about depression, mania, hypomania and psychotic episodes. It looks at causes and triggers, and the signs and symptoms to watch out for. But it's more than just a guide to bipolar. The Bipolar Disorder Survival Guide has practical hints and tips to get your life back in control. It teaches you how to monitor your mood and help avoid a bipolar episode. It shows you how bipolar can be managed by putting in place simple strategies and lifestyle changes alongside your medication and therapy. Here's A Preview Of What You'll Learn In This Book How you can create stability by developing a regular daily routine and sticking to it Why your diet, exercise and sleep patterns are key players in controlling bipolar How you can learn to spot early-warning signs in yourself or someone you love Why a daily journal can help you monitor your health and predict when a change is coming The importance of a support network and how friends and family can make dealing with bipolar easier Strategies to put in place to help avoid a depressive or manic episode You'll find a brief summary at the end of every chapter for the times when it's hard to concentrate Plus, so much more! For some people bipolar can be a devastating condition, but there is hope on the horizon. The Bipolar Disorder Survival Guide will help you learn to manage the highs and lows. Written in clear, simple English, this book can teach you how to take back control. Would You Like To Know More? ==> Scroll up and click 'add to cart' to secure your copy now.

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You are about to discover proven steps and strategies on how to properly support and care for a loved one with bipolar disorder. More often than not, people whose loved one has been diagnosed with bipolar disorder wonder what to expect and how they should show their love and support the best way they can. It can be very difficult for those who are diagnosed with bipolar to accept their condition. In the same way, it can also be overwhelming and at the same time frightening for the family and friends of people with bipolar disorder, especially if they do not know the appropriate ways of supporting and dealing with the condition. Bipolar disorder, which is also known as manic depression, is a type of mental or psychiatric disorder that is marked by extreme mood swings. Although there have been continuous research and studies on the condition, its ultimate cause remains unknown. On the other hand, some of the presumed contributors to bipolar disorder include brain chemistry, genetics and life events. All people experience various events in their daily lives. However, people who are suffering due to bipolar disorder experience more persistent episodes of life's "ups and downs," that affect their ability to function as an individual. Bipolar disorder can affect one's thoughts, moods and behavior. In recent studies, mental health experts estimate that over 2 million adults are afflicted with bipolar disorder. Thus, if you or a loved one has been diagnosed with this condition, the most important step to discard uncertainty is education. Educating yourself about bipolar can help you deal with a loved one who has been inflicted with this unfortunate condition.

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Take control of your symptoms--and take charge of your life If you're dealing with bipolar disorder, you already know that it's more than a cycle of "ups" and "downs." You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder and helps you: Identify your symptoms Explore your treatment options Stabilize your moods Sharpen your mind Achieve your goals This isn't a one-size-fits-all guide. It's a uniquely personal approach to your bipolar disorder that covers the full spectrum of the disease and its symptoms. You'll be able to find successful ways to regulate your moods, relieve your stress, improve your thought processes, and break the bipolar cycle--for a happier, healthier life.

Bipolar Disorder

The authors offer those with Bipolar Disorder a four-step plan towards managing the illness and creating lasting stability.

The Bipolar Workbook

Living with Bipolar Disorder is designed to help

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patients and their families develop the skills they need to be good consumers of treatment and to become expert partners in the management of this challenging disorder. Drawing on research documenting the strength of combining drug treatments with behavioral interventions for fighting bipolar disorder, the authors of this book take a skill-based, family-and-friends approach to managing the ups and downs commonly experienced with bipolar disorder. Readers will learn how to better recognize mood shifts before they happen, minimize their impact, and move on with their lives. Family members will learn how to recognize potential problems, provide encouragement, practice new coping skills, and understand what a loved one is going through. Living with Bipolar Disorder provides worksheets and forms to help readers reinforce skills and practices learned in therapy, as well as useful information about the details of living with bipolar disorder, advice on the best ways to avoid relapses, and strategies for anticipating problems. In this new edition, the authors have expanded the text to reflect the newest advances in research on the management of bipolar disorder, adding the latest in drug information, advice on selecting a therapist, a discussion of the challenges of transitioning from adolescence to adulthood with bipolar, managing stress, improving relationship and communication skills both with the family and with one's clinician, and more. Living with Bipolar Disorder offers a wealth of effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life.

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Haldol and Hyacinths

Offers a guide to the nature of bipolar disorder, discussing symptoms, treatment, and the factors that complicate its diagnosis.

Bipolar Disorder

An easy to read little book on Bipolar Disorder, Written in plain English for people with Bipolar Disorder, family members, and therapists. Feedback is that it is a very illuminating book and people have said (Bipolars and therapists) "I finally understand Bipolar Disorder."

Living Well with Depression and Bipolar Disorder

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."

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Many of the descriptions of folks with Bipolar Disorder seem to be sinful or against God's will. Christians need to embrace a type of control over sin, while going through Mania or Depression. Help is given in "Christian with Bipolar Disorder." How to stay the course with Jesus is important. There is beauty and despair in every Christian's life. Perhaps, this is our thorn to live with. Grace is sufficient for us. God accepts us as we are. So too, we must live with ourselves. Counselors, both of the worldly sort and of the Christian persuasion, are heard saying "You're Not Bipolar. You Have Bipolar Disorder." In other words, Bipolar Disorder does not define us as individuals. As for you and me, Jesus defines us. Our character. Our future. Our all. We yield to the Master.

Bipolar, Not So Much: Understanding Your Mood Swings and Depression

This account of growing up with a mentally ill mother “belongs on a shelf of classic memoirs, alongside *The Liars’ Club* and *Angela’s Ashes*” (Michiko Kakutani, *The New York Times*). As an NPR correspondent, Jacki Lyden visited some dangerous war zones—but her childhood was a war zone of a different kind. Lyden’s mother suffered from what is now called bipolar disorder or manic depression. But in a small Wisconsin town in the sixties and seventies she was simply “crazy.” In her delusions, Lyden’s mother was a woman of power: Marie Antoinette or the Queen of Sheba. But in reality, she had married the nefarious local doctor, who drugged her to keep her moods in check and terrorized the children to keep them quiet.

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Holding their lives together was Lyden's hardscrabble Irish grandmother, a woman who had her first child at the age of fourteen and lost her husband in a barroom brawl. In this memoir, Lyden vividly captures the seductive energy of her mother's delusions and the effect they had on her own life. She paints a portrait of three remarkable women—mother, daughter, and grandmother—revealing their obstinate devotion to one another against all odds, and their scrappy genius for survival. “What distinguishes *Daughter of the Queen of Sheba* from any other book about dysfunctional parents . . . and turns this exotic memoir into compelling literature is the dreamy poetry of Lyden's prose. In graceful imagery as original (and occasionally as highly wrought) as her mother's costumes, Lyden—a senior correspondent for National Public Radio—loops and loops again around the central fact of her mother's manic depression and how that illness shaped Lyden's life growing up with two younger sisters, a scrappy Irish grandmother (whose memory she holds like ‘a cotton rag around a cut’), a father who left, and a hated stepfather.” —Entertainment Weekly

Two Bipolar Chicks Guide To Survival

Erika Nielsen knew that her real language was music - her truest voice, the cello - by the time she was three years old. She knew she would become a professional musician by the eighth grade. But she could never understand why sometimes she felt as if she was floating on sparkling clouds, enchanted by her own brilliance, while at other times she huddled in a dark,

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wretched place, sobbing and overcome with her inadequacy. At age 27, she finally found out: she was mentally ill. Containing wellness tips and coping strategies to live creatively, productively, and healthily with a mental illness, Sound Mind is a story of hope, healing, and transformation that reminds us that it is not only possible to function with a mental illness, it is possible to thrive. By promoting education, awareness and de-stigmatization of mental illness, Sound Mind helps write a new narrative around mental health and wellness.

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