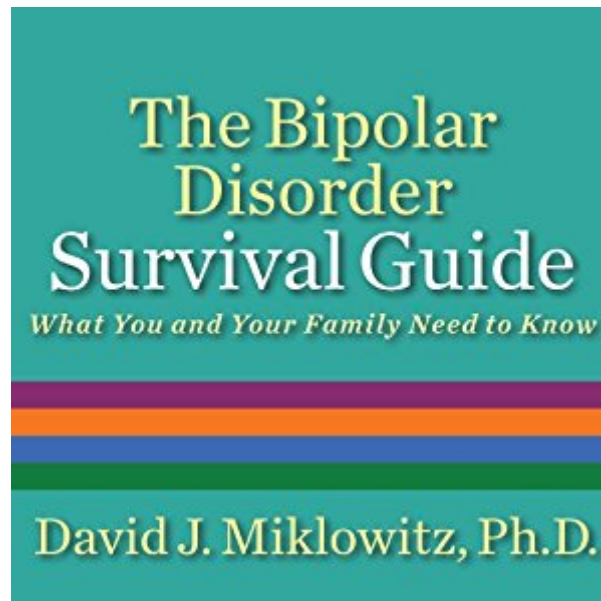


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# The Bipolar Disorder Survival Guide: What You And Your Family Need To Know



## Synopsis

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. In *The Bipolar Disorder Survival Guide*, you will learn:

- How you can distinguish between early warning signs of bipolar mood swings and normal ups and downs
- What medications are available, and what their side effects are
- What you should do when you find yourself escalating into mania or descending into depression
- How you can tell your coworkers about your illness without endangering your career
- How you can provide constructive help and support to a loved one with bipolar disorder

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 best-selling 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".

## Book Information

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## Customer Reviews

I've read numerous books on this topic and am especially impressed with this one. Because the second edition is so recent (2011), it contains the latest research and findings, some of which were new to me. Miklowitz is a wonderful writer who manages to both explain concepts thoroughly and well while not sounding condescending. He addresses topics that other books don't, such as what bipolar disorder looks like to family and friends, and how it feels from the inside. He offers a lot of

good information about how to head off mania, managing moods, stabilizing one's environment, dealing with meds, getting a proper diagnosis, succeeding at home and work, and concerns specific to women. Especially valuable is the chapter on where bipolar disorder comes from, and some recent research about Ehlers' social rhythm stability hypothesis. Fascinating. The only topic I would have liked him to include was the role of sunlight in BD--this would have been very helpful to a number of people I know who are very light-sensitive. But otherwise, really great information and suggestions, presented exceptionally well. Highly recommended.

I have bipolar disorder and this is the first book I read on the disease. Even in this day and age of internet and easy access to information I found this book tremendously useful. It provides both a broad picture of the disease and many details that bipolar patients face in their lives. After having read the book, I find it easier to accept my illness and I believe I will be more responsible with my life knowing better what my illness is. Some of the points from the book will also be something I will address when next seeing my doctor. I am sure having read the book and being able to use it as reference will improve my relationship with my psychiatrist and will add to my better quality of life with the disease.

This is a must have for every person or family member of a person with bipolar disorder. Full of comprehensive information and told in layman's language without any 'talking down'. (for instance, I learned that a side effect of one of my medications is curly hair!) Covers both traditional and complimentary therapies.

This book is fantastic. Dr. Miklowitz tells us how to recognize the warning signs of mania and depression before they become full-blown, how to find the right medication and therapy (which I'm on now), how to prevent mood swings from ruling our lives, and how to stay on track at home and work. The most fascinating sentence in the whole book, if I may quote, which changed my entire life, is this: "Even though bipolar disorder is clearly a disorder of the brain, and its genetic and biological underpinnings are well-documented, it is still treated as a 'mental illness.' Many people still erroneously believe it is erroneously related to your personal choices or morals. As a result, you may feel alienated from others when they find out about your disorder." Hallelujah, Dr. Miklowitz! He has said what I have always felt, and he continues in this logical yet compassionate stance all the way through the book. Above all, you will feel hope. Hope that you can do something to help the seemingly uncontrollable symptoms of your disorder. Run, do not walk, and buy this book!--Christina

## Stachura, real name The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know

I've read a ton of books and information online since getting my diagnosis a year ago and found this book to be the best source by far. It is clearly written and extremely comprehensive. It helped me figure out what questions to ask my psychiatrist about meds and other treatment options. It also helped with how to talk about the illness with friends and family. If you buy just one book on bipolar disorder, this should be the one.

This book is an excellent source. It is very articulate and thorough. I have learned more through the book in the first hundred pages than some people with mentally ill family members have learned in years. You can learn a lot at NAMI meetings too but you have to wonder why everyone there hasn't already read this book. Too many people are entrusting their family member's care to a doctor that only sees each patient briefly and usually doesn't see the patient in their true state. The information about medications and when each type may or may not be prescribed or what symptoms they seem to work best for is invaluable. I have found out more in reading the book than I had learned in months of meetings with my daughter's Kaiser psychiatrists.

After reading much material on bipolar disorder, I found this book to be extremely organized and easily readable with many practical exercises on managing this condition. Excellent for patients and family members alike.

A very insightful book. Well written but not overly technical. A great reference book for those who have bipolar disease as well as for those who love someone with the illness but need help understanding that person and what he is going thru.

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