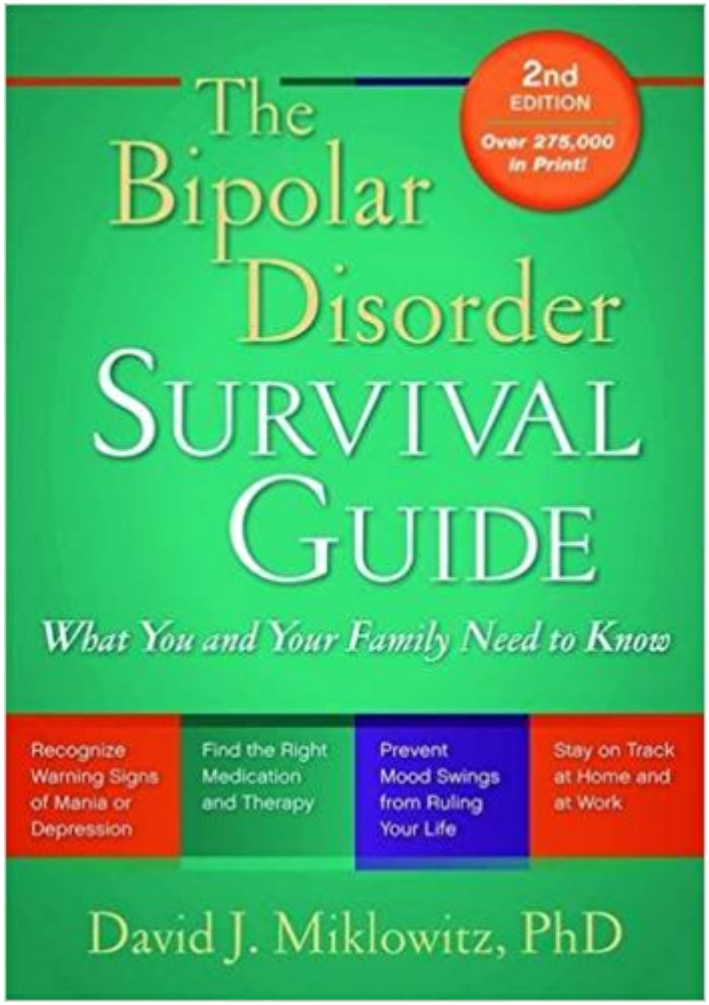
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The Bipolar Disorder Survival Guide, Second Edition: What You And Your Family Need To Know



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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.* 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?Ã Â 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."Ã Â

Book Information

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Customer Reviews

"A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families. I could not recommend this book more highly."--Kay Redfield Jamison, PhD, author of An Unquiet Mind"This book has been a faithful friend in the difficult time since my diagnosis. I particularly appreciate the insights into communicating effectively with doctors, family, and friends

after an episode. The charts, lists, and practical tools are amazing for those of us who like to be proactive and organized. But the best part of the book is the quotations from others with the disorder who share their experiences and feelings. I've said some of these exact things myself; seeing them here helps me feel just a little bit less isolated and more hopeful."--N.B., Boulder, Colorado

Ã Â David J. Miklowitz, PhD, is Professor of Psychiatry at the University of California, Los Angeles (UCLA), School of Medicine, and Senior Clinical Researcher at Oxford University, UK. He directs the Integrative Study Center in Mood Disorders and the Child and Adolescent Mood Disorders Program at the UCLA Semel Institute. Dr. Miklowitz's numerous publications include the award-winning book for professionals Bipolar Disorder: A Family-Focused Treatment Approach. He lives with his wife in Los Angeles. Ã Â

This book was published in 2011, which is better than a lot of other books on the subject. It is important to note the publication date, because research and information changes a lot over several years.This has good information. Using a reliable internet site would be beneficial to suppmement it, bu there again, one much check the year the site got its information.

Very informative. I like the inclusion of the worksheets. I have a family member who was recently diagnosed and I feel better prepared to offer help after reading this book. I especially appreciated the examples of "what not to say". I plan to pass it on to other family members.

Comprehensive guide book for those afflicted with bipolar disorder and their family and close friends. Covers everything. Newer medications are not included, obviously, but the those listed are still in use. Don't forget the importance of getting outside in nature and the vital Vitamin D (sunlight). Also, meditation is always helpful to anyone.

All selections were well worth reading. It took tremendous courage for each author to write their personal memoirs about their struggles with Bipolar Disorder. I am grateful that they took the risk in order to to help others better understand the illness and the volatile moods and often devastating behaviors of those who suffer with it, as well as the challenges and difficult decisions that those who love them must face. These personal stories help to further open the public conversation on what was once a hushed and even tabooed topic and, hopefully, they will provide greater compassion and understanding for all who suffer with mental illness.For in depth knowledge of symptoms,

diagnostic tools, distinguishing characteristics and symptoms of bipolar disorder in various forms, and contrasts with often misdiagnosed mental disorders, and appropriate and effective treatments, "The Bipolar Disorder Survival Guide, Second Edition" by David J. Miklowitz, is indispensable to the patient and those who love them. Although the patient must acknowledge and take responsibility for seeking and complying with treatment, it also underlines the important role of family and friends in supporting and encouraging those diagnosed with Bipolar Disorder (Manic Depression), and it provides a guide for all who must make this challenging journey. For a balanced blend of courageously shared personal experiences and incredible medical and psychological knowledge, Kay Redfield Jamison’s books are, to my knowledge, unparalleled. Her writing is fluid, poetic, and deeply moving. Each word seems to be carefully chosen to express her thoughts and feelings; each phrase is beautifully crafted, imbued with warmth, passion, and raw honesty. Her works are certainly scholarly in content and contribute greatly to both the medical body of knowledge and greater understanding for non medical readers. Moreover, Kay Redfield Jamison’s prose draws you in in closer and closer, first speaking to your mind, but then, also touching your heart in a way that makes you feel that you are moving through her journey with her. To me it was so compelling that I could not put the book down until I had experienced the last page.

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.

Brilliant book if it is within your interest. High quality and I recommend to anyone. Written very well and understandable. It’s literally everything you could want to know about bipolar

I’ve now read two books by Dr. Miklowitz, one for mental health clinicians and this book. The Survival Guide is an excellently practical, fairly comprehensive, and highly accessible guide to understanding and dealing with the many facets of bipolar disorder. It is a great tool for those suffering from the illness, but it could also be useful for one’s family members or friends. BD is complex and can be overwhelming; however, with some research, emotional support, and, usually, medication, it is a navigable illness that can often be very well treated. I make this claim to point out the potentially life-saving nature of the advice given in this book and others like it. In concise and clearly written chapters, Dr. Miklowitz explores the many ways that bipolar disorder can affect an individual and offers research-supported tips on how to manage the illness. I highly recommend this

volume to anyone looking for a thorough but accessible guide to understanding bipolar disorder.

I will be reading this book over and over again as an aid to my current long-term management of bipolar. Every patient and family member and close personal friend needs to enlighten themself with this masterpiece.

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