

TAKE CHARGE OF BIPOLAR DISORDER

A 4-Step Plan

**for You and Your Loved Ones
to Manage the Illness
and Create Lasting Stability**

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Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability



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



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Great resource for those who have Bipolar disorder AND their friends and family I've really enjoyed this book.. I "researched" the condition on line and thought I knew a lot about it. This reserve proved me incorrect by showing me just how much I didn't understand. I fully buy into the entire body/mind/lifestyle needing to end up being treated and not just one part of it. While there is absolutely no easy solution to controlling Bipolar behaviors, this is a reference I highly recommend. I like how this book incorporates all different types of treatment. There's panic, irritability, over stimulation, etc. For someone seeking to not only understand the condition, but to find ways of coping that weren't just meds, this book was an eye opener. Yes, this reserve does cover details on medicines. Having been on several which have been ineffective, I actually found this section eye opening as well. Five Stars The best help and insight on this issue available up to now! This book also covers other options and therapies for bipolar disorder (like acupuncture, which is part of my treatment regimen). Like the fact there's more to the condition than simply mania and depression. This is easy to read and I go through it in 2 days (I do love to read, therefore if it's a good book that is normal for me). It wasn't a long time before I started underlining passages in the publication and making notes in the margins. There is a lot of useful information atlanta divorce attorneys chapter, not simply for me, but for my children and friends. Several of my notes were to my children and close friends who are actually reading the publication. A means for me to indicate to them "this is me. . I was identified as having Bipolar Disorder twenty years ago, but I was hardly ever given enough resources to help really deal with it. I highly recommend this book." Actually, as my mom was reading it we had been discussing work and she stated "That's a bipolar conversation! Amazing book, very useful for the individual with the condition and their loved ones. The eBook was perfectly readable and I love having this book readily available all the time, but there are uses for the paper duplicate (such as for example sharing with your support team).!! A Must Read This is by far the very best book on bipolar disorder. It's an absolute must for everyone coping with bipolar - be it the average person or someone with a loved one with bipolar. Plus, ways of lessen those traits are spelled out and also WORK! Out of all the books I've browse, this is the first one that makes any feeling. It gives window boxes labeled "For relatives and buddies" with do's and don'ts. It offers step by step guidelines. All I comprehended about Bipolar II was you have got highs that are not crazy highs and lows..." I originally got this reserve as a eBook for me and bought the paper copy for my children and friends to talk about (and to make use of for printing the task pages). If you or someone you care about has been diagnosed with bipolar disorder, this book is a must read. The 4-step plan is quite logical, if of course the individual with bipolar is ready/able to check out the suggestions. Great Book with actual solutions I feel that this reserve will really help me manage my bipolar disorder better. I cannot compliment this book more than enough, it should be passed out in the hospital/doctor's office after the analysis has been made. The book covers all of the major issues of these confronting the disease. I am recently diagnosed and this reserve has given me hope for a brighter potential. Our entire family members has read this book (some of us twice) and it is the to begin her books that i recommend when I hear someone has just received this medical diagnosis. I like that is a four pronged approach and that diet recommendations had been included. This is how I feel. Thanks so much. Best book about Bipolar I've ever seen. Great for helping the non-Bipolar person to understand the actual nature of the Bipolar disorder. What a great reference for friends and family As somebody recently diagnosed, I possibly could not place it down. But viewing it now, for what it is - a "disease", is indeed easier to wrap my brain and feelings around. I was so relieved that "I'm not guilty of a crime I didn't commit. This is one of the best sources of its type I've ever seen. I liked how it

broke factors down into easy to understand categories. This is a great book for family or spouses to facilitate discussion. It trained me so much about understanding my very own condition. My family also enjoyed the family members tips and overall publication. What a great book. The workbook format is great, in that actually needing to write down specifics, forces pause, contemplation and decision making which I feel is essential! Best book on Bipolar I've ever seen. The best thing about this reserve is that by the end of each segment there exists a section called "for the family or friend" where Julie explains how the family or friend might help when it comes to whatever symptom that particular chapter or segment offers covered. It had been such a relief to comprehend that it's all portion of the illness.! Buy it! I am feeling so far better about myself as I go through each chapter. I adored deeply and cried intensely. It really is practical practical useful. And highlighting and making notes in an eBook are possible, but slightly even more cumbersome for me. I was constantly at one severe or another. In the past, I accepted my "mental illness" intellectually. . Clear detailed and accurate Great Baby, I was Born this way! It really didn't arrive as a surprise. It also contains a great variety of techniques to help both person with the Bipolar problem and their family and friends to work through solutions. I even delivered the checklista to my doctor to help with assessing my meds. In addition, the grey boxes that spell out suggestions for family, friends, and caretakers connected with a bipolar acquaintance, are "head to"sections. My grandmother, mother and several cousins had mental illness challenges. Recommended by my therapist and a very worthwhile purchase. Should be required reading with diagnosis This book made me understand myself so much. Amazing book, very useful for the individual with the . This reserve explains why you feel therefore awful about yourself. It explains the paranoia, fears, relationship complications, and the horrible self-esteem. I thought it had been all just me. Indispensable! Bipolar can be extremely difficult to manage, despite having the use of medicines and therapy." It is rather readable and there is definitely advice for family and friends in the book as well. I can't say more than enough about how exactly good this publication is and how highly I recommend it for someone dealing with Bipolar or somebody dealing with a friend or cherished one. There's a lot of insight and apparent advice which is indeed important. .!! From "Confessions of a Southern Baby Boomer" by Meg Henderson Wade I am really am learning a whole lot from Julie Fast and John Preston's publication. "Take Charge of Bipolar Disorder". I was diagnosed about 5 years back. emotionally not as much. Actually, it made sense to me. I have always had an extremely intense character. My "quirks, weaknesses, annoyances" as noticed by me and others are actually better understood as part of the malady. I continue to read, study, learn and reply sections as I make my method through this workbook! This reserve allows me to comprehend myself better. It puts my distorted thinking into a more apparent way of looking at my world. What I am learning and now putting to use about bipolar disease, is definitely invaluable! I finally have a plan to follow to help myself heal. Almost anything that is regular of a person with bipolar, I have lived through--financial problems, drug addiction and at 58 I've never had employment a lot more than five years. Many thanks for this very helpful and easy to understand and implement the positive suggestions in this book. My award-winning "Confessions of a Southern Baby Boomer" details a few of my wild experiences!! I would recommend this reserve to people as a source for finding a way to manage Bipolar Disorder within their lives. Thanks once again and Bless Your Center, Meg Henderson Wade Too Simple Some good basic advice but repetitive. I usually thought meds just didn't function, but this book discusses the various types of medicine and explains how each type works differently and just why it can be difficult to find the right ones. Best book for patient, family and anyone looking for better understanding and management of

Bipolar Disorder. Clear and concise writing. Noteworthy! I have been feeling extremely discouraged, because my medicines were not helping me and had been causing me to cycle. Four Stars Has helped me and my family a lot



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