

Making Everything Easier!

3rd Edition

Bipolar Disorder

FOR

DUMMIES[®]

A Wiley Brand

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

Candida Fink, MD

board-certified psychiatrist

Joe Kraynak, MA



Candida Fink

Bipolar Disorder For Dummies



[continue reading](#)

Manage bipolar disorder When you or a loved one is identified as having bipolar disorder, it can be a time of dread and get worried. Bipolar Bipolar Disorder For Dummies, 3rd Edition is a reassuring guidebook that sorts out the distinctions between bipolar I, bipolar II, and cyclothymic disorder; guidance for supporting a loved one (who may not need help); This most recent 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 highly relevant to bipolar; and covers the latest medications, therapies, and self-help ways to simplicity and get rid of symptoms, function in occasions of crisis, and plan ahead for manic or depressive episodes. expanded insurance on how to deal with the high costs of treatment; explains the biology behind the condition; and expert insight into medications and treatment plans, including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and deep brain stimulation (DBS); along with new coverage on particular populations (distinctions in diagnosing and dealing with bipolar disorder in ladies, seniors, expectant mothers, ethnic populations, and additional groupings). When bipolar disorder enables you to feel as though you're losing control, reach for Bipolar Disorder For Dummies--the reserve that puts you back the driver's seat. The symptoms of bipolar disorder can, if not understood and properly treated, disrupt relationships, family members, and professions. The good news is that bipolar disorder responds perfectly to the right medicine, therapy, and self-help strategies and abilities. Bipolar disorder, which includes also been called manic-despair, is a brain disorder that causes unusual feeling swings and shifting energy levels. Recognize the warning signs of mania and depressive disorder Tell the difference between bipolar I, bipolar II, and related conditions Discover which medications are best for treating both poles of bipolar disorder--unhappiness and mania--and for dealing with related circumstances, including anxiety Find useful strategies for dealing with medication side effects Develop communication, problem-solving, and conflict-management skills for preventing and coping with the interpersonal conflict that frequently accompanies bipolar disorder Discover what you can do to help a loved one with bipolar disorder Bipolar Disorder For Dummies, 3rd Edition gives straightforward, reassuring information regarding bipolar disorder to help you or your loved one conquer the illness.



[continue reading](#)

Not worth reading Bdfd is not well worth reading unless you're newly identified as having this condition. I bought it because I needed a simple book with out a lot of clinical language. It'll cause you to feel worse because these are seemingly simple jobs that aren't simple because of your moods at this time. There's a personal help section that's very small rather than very helpful. It is mostly common sense things such as writing down the items you want or should do and devising a strategy to assist you accomplish your targets. That can be done that on your own and if you can't, this book won't help you. It also tells you to create a schedule of all factors you want or should do every day. Again, this is something you can do by yourself. Also, if you are feeling manic or depressed, these things will become to hard to do. However, it has a lot of useless information and much of it is outdated (I know there exists a newer version of this reserve), but I suspect that the newer edition isn't different enough to make it well worth buying. You may get the same details from google, you tube or actually an iOS app. AN EASY &It speaks for you in plain english, uses true to life situations and common sense answers. Why you talk to because it's not really boring and it's so easy to understand.. Thorough Very thorough describing all areas of Bipolar. I could only take this publication in small doses but it will probably be worth the read if you are trying to comprehend the Bipolar Disorder. I wouldn't recommend this publication to anyone. Five Stars Title sucks, but this is a great reference for people diagnose with Bipolar and their friends and family. This book only helped break down my very own internalized stigma while concurrently informing me of most my options- medications, choice remedies, types of therapy, what to do in case of hospitalization, how exactly to choose a therapist- I could proceed on. This is the most comprehensive & very easily understandable explanation I've run into. Thank you because of this book! Useful for those who are are newly diagnosed & especially for anyone who has to live with the people who have it. Bipolar depression is NOT something one can "just snap out" of! Fantastic book about bipolar disorder I love the writing style of the book. It isn't a replacement for treatment, nonetheless it is an EXCELLENT guide to selecting the RIGHT treatment, asking the proper questions and helping you understand the condition. A whole load of helpful information on how to identify and learn how to handle the roller-coaster that I must deal with occasionally. I'd recommend this for those everyone who are unfamiliar with the disease. Its an excellent book to start with before moving onto other books. I was lately identified as having Bipolar Disorder, which left me feeling rather blindsided. It felt as though I nearly misunderstood my whole self. I love it!. I am "living" with this disorder for 20+ years. Verry helpfull Good book it helps gain a better knowledge of the disorder and is actually good with examples of the way to handle certain situations. I purchased one other "Navigation Guide"-style book for Bipolar Disorder when I purchased this one, and it did not make me feel almost as comfortable and at ease with my diagnosis as this publication did. Also, this book is particularly useful when those awkward conversations with family members come up, as possible basically refer them to chapter 9 of this book for an all-encompassing device to greatly help describe how you are feeling. I really like this book. A book the entire family should read to understand more about their cherished one or ones A book written so everyone can finally understand bipolar disorder. A publication the entire family members should read to understand more about their loved one or ones. It's a fantastic handbook for close friends and relatives. The Perfect Handbook Created with humor, intelligence and straight forward answers, this book priceless. I have always adored the "For Dummies" format for computer and web site design related things but I got no idea it may be so helpful with mood disorders. :(Bipolar for dummies This is one is probably the most informative books on Bipolar. You can understand and it provides helped me to understand and learn to live with bipolar disorder. When you have biploar disorder or know someone who does, buy this book! Helped my children understand a lot about how I feel and the struggles I proceed through when they think issues are fine but inside I'm screaming. Purchase one for yourself copies for those you love. Five Stars good book Worth the Cost Pretty easy reading. Simply started but I've go through a lot upon this and it's understandable.

UNDERSTANDABLE READ. Super helpful Good book... But overall, the reason why you should choose this publication over the others is due to its ease. The vocabulary is neither complicated nor patronizing, and is certainly, in some appropriate areas, funny. It isn't only beneficial to those looking to understand those close to them that are bipolar nonetheless it helped me therefore much and I am bipolar. This book breaks down, chunk by chunk, step-by-step, what to expect. Its a good book to start with before moving onto other books basic understanding of bipolar. Ideal for Those Diagnosed along with Family Members and Loved Ones I REALLY LIKE this book. Five Stars Excellent One Star Various other books better written.



[continue reading](#)

download free Bipolar Disorder For Dummies e-book

download Bipolar Disorder For Dummies pdf

[download free Codependency For Dummies epub](#)

[download free Microbiology and Technology of Fermented Foods \(Institute of Food Technologists Series\) epub](#)

[download free The Wiley Handbook of Violence and Aggression mobi](#)