

The Bipolar Disorder SURVIVAL GUIDE

2nd
EDITION

Over 275,000
in Print!

What You and Your Family Need to Know

Recognize
Warning Signs
of Mania or
Depression

Find the Right
Medication
and Therapy

Prevent
Mood Swings
from Ruling
Your Life

Stay on Track
at Home and
at Work

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



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This book has been replaced by Bipolar Disorder Survival Guide, Third Edition, ISBN 978-1-4625-3498-2.



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is a great examine for the bipolar sufferer This book is saving my entire life. If you are dealing with someone who has this problem get the book and that means you understand what you are coping with and get specialized help.. Jamison's An Unquiet Mind, in my experience, is a good browse for the bipolar sufferer, as you will see that there are certainly others out there who 're going through what you are going through, but THIS reserve is perfect for the sufferer and his/her loved ones. It undergoes the science of what is happening in the brain and genes (don't be concerned, Miklowitz breaks it down to be very easily understood), covers the many drugs that your doctor might prescribe, treatment plans, and actual actions you can take to get better! Thanks to this book, I have taken big actions in the right direction to control my moods - avoiding alcohol, keeping to a regular sleep plan, and charting my moods to look for patterns. I browse the book and it was very interesting. I give this book a perfect 5/7. Excellent guide for people with bipolar I have bipolar disorder and this may be the first book We read on the disease. Nevertheless that is a great guide with good insights and recommendations Great resource and have to for recently diagnosed Relatively short however in depth, it still took me 5 months to get through this from period of diagnosis until now. Partially intervals willfully not wanting to cope with it, just busy, and trying to absorb it as thoroughly as you possibly can. Outside of your family, psychologist and psychiatrist this is actually the place to start. Great author Amazing book It isn't a bad book. Very Good book. Ideal for relationships, workplace, daily routine, coping strategies. Highly Recommended If bipolar touches your life at all (or you merely want more information) I can't recommend this publication highly enough. I wish I could find printable worksheets from the book online.Compiled by a doctor with a long time experience working with bipolar patients, this individual covers alot of specifics and theory blended with his real-existence observations and patient examples. Bipolar Survival Guide Review This is an absolute must have for everyone or relative of a person with bipolar disorder. I am right now just writing words, since there is a minimum word limit Missing multiple pages I wish I knew what the book was like..this is an amazing resource for people suffering bipolar AND their family, friends, co-workers, etc. However now I am so thankful I have clarity on my life now. And I could manage it now.. Browse or listen to this book if you think you may have bipolar disorder or have already been diagnosed with major depression and so are still struggling in confusion. What could be a dried out and depressing book comes across as insightful and uplifting.I don't often go through nonfiction, but this reserve has been the happy exception. Easy reading with oodles of information, wish, and encouragement! Great survival guide as the title says This is a very useful survival guide for a person dealing with bipolar disorder who would like to search for help and for people living with someone experiencing the bipolar disorder, I wish there was a section in the book to provide strategies on how to help a person who is experiencing bipolar disorder to acknowledge their condition, the big premise of the book is that the person experiencing the disorder is aware of his / her condition, something that is not always the case due to their own stigma associated to the condition. Even in this point in time of internet and quick access to information I found this book tremendously useful. It provides both a broad picture of the disease and many details that bipolar sufferers face within their lives. After having browse the book, I think it is better to accept my illness and I believe I will be more accountable with my life understanding better what my disease is. A few of the points from the book may also be something I'll address when next seeing my doctor. \$20 for this publication and your time and energy to read it cover-to-cover and make notes is totally worthy of your time. Great medical insight. Even though author is normally a psychologist PhD . WHEN I end, I am encouraging my fiancee to read it (so he understands what he's getting himself into) and my mom, therefore she can finally know very well what I am

going through.. Very Good book. Although the author can be a psychologist PhD rather than an MD who is able to prescribe the medicines he describes, his work is very helpful. It really is SO biological; I am certain having read the book and having the ability to utilize it as reference will improve my relationship with my psychiatrist and can increase my better quality of life with the disease. Bipolar Disorder Survival Guide This is bought for a friend who's very Bipolar. You will feel so validated I can't reverse time but We spent the last 4 years on the wrong medications (antidepressants) and shed even more years of work because of undiagnosed bipolar. Regrettably the individual I was trying to help had additional complications and we were pressured to get them professional help and institutional positioning. By the way, the mood chart recommended in this book is not any longer obtainable at the website given, but with a little Google-Fu you can think it is easily. Such an awful disorder. I haven't completed it however, as I'm taking my time to actually absorb everything and complete the worksheets included. Amazing, informative, readable, yet hopeful. Filled with comprehensive information and told in layman's language without the 'talking down'. (for instance, I learned a side effect of 1 of my medicines is curly hair!) Covers both traditional and complimentary therapies.. Simple and easy to read. Great personal examples. If you have lately been diagnosed with .. Good read Keeps things basic when trying to understand an extremely confusing disease Informative and Helpful I have a member of family who we recently discovered was Bipolar and this book was very useful understanding what what happening. This is a decent book for someone who has little experience with therapy or mental illness. I wanted something that went a little more in depth about the biology of the disorder than this book does not. It isn't a bad book. Informative and offering some control back Informative and giving some control back. If you are searching for in depth protection of the neurology then I would look elsewhere. In case you have recently been diagnosed with bipolar disorder and are not familiar with medications, psychotherapy, and how exactly to express this to people around you, this is a good reserve. Happy I purchased the reserve.... it's missing so many printed webpages I wouldn't know. However, I hadn't had a chance to pick it up until recently and the return windows is closed. It has a lot advice for those are having to cope with the afflicted person. Not going to discuss the internal suffering and the interpersonal and familial loneliness. Probably it wasn't the proper time yet to have the clarity and hindsight to discover that, as I listen to this wonderful book, I had met all of the criteria my whole life, in all of my entire life situations. In case you are spending thousands of dollars a 12 months on drugs and doctors for a family member battling with bipolar disorder. it really is SO not a character or moral flaw. We have suffered so much because of this disorder. Being diagnosed with bipolar can be a big (and scary) existence changer, this reserve handles the subject by offering a lot of facts and information you need to know. Forget about cracking the code. I didn't require this..along along compassion and hope. You will feel so validated. Five Stars good reserve but never bought it



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