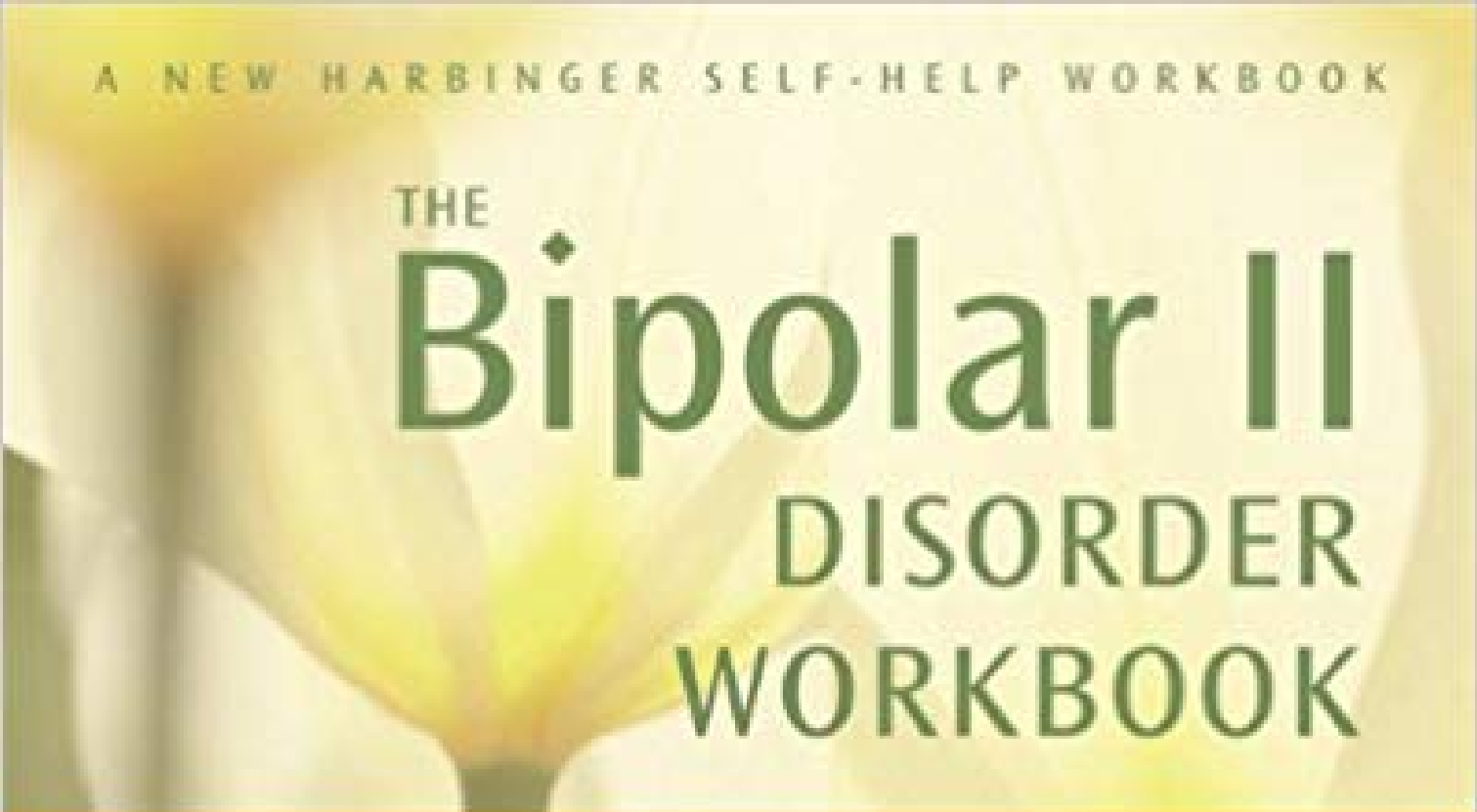


A NEW HARBINGER SELF-HELP WORKBOOK



# THE Bipolar II DISORDER WORKBOOK

Managing Recurring Depression, Hypomania & Anxiety

Includes  
downloadable  
worksheets &  
guided mindfulness,  
breathing & imagery  
exercises

- Break the cycle of negative thinking
- Identify signs of hypomania & depression
- Learn DBT & CBT skills to manage your mood
- Develop a personalized wellness plan
- Increase support from family & friends

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FOREWORD BY DAVID MIKLOWITZ, PhD

Stephanie McMurrich Roberts and

# The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety



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Most people have heard of bipolar disorder, a mental health that's marked by manic episodes and intervals of intense depression. If you have been identified as having bipolar II, or even if you believe that you will find this disorder, you may be frightened by the highs and lows of your extreme emotions. Bipolar II disorder differs from bipolar I for the reason that sufferers may under no circumstances experience a complete manic event, although they could experience periods of high energy and impulsiveness (hypomania), and also depression and anxiety. Written by an extremely accomplished group of bipolar professionals, The Bipolar II Disorder Workbook is made to assist you to manage the recurring despair, hypomania, and anxiousness that can arise due to your condition. Fortunately, there are proven-effective treatments that will help you find a feeling of calm and peace of mind. The practical workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and various other mindfulness-based exercises to assist you manage your feelings, track your improvement, and eventually live a content and more productive existence. This is the initial self-help workbook available designed for individuals identified as having bipolar II disorder.



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This truly can help you understand the illness more and coming to terms with it. This is by far the best Bipolar book I've ever run into and it's really not boring like therefore many others. There is myself drawing upon the recommendations from the sections on depressive disorder, hypomania, and anxiousness multiple times. This publication does not prosper on the exclamation point scale. And yes it does give helpful information about how to differentiate between BP I, BPII, Depression, that is extremely hard on the individual, I haven't completed the publication so this observation is based on what I've gleaned so far. Good book. It is a great "bipolar 2 -101" guide for professionals This was very good for me to comprehend the disorder and ramifications of untreated illness. It is an excellent "bipolar 2 -101" help for professionals, family and friends, paraprofessionals and any others who would like an instant guide to facts and understanding. A great resource Very useful tips for those who have BPII. While some of the information I've read before, right here it seems to become reframed in a way to not overwhelm or confuse. The workbook format is excellent. Good book. Gives you knowledge and self-confidence to deal with this disorder Therefore informative and helpful. I am so thankful there is a reserve out there that is specific towards those of us who've Bipolar 2, so often I've only been able to encounter Bipolar 1 workbooks.obviously written For some reason, the way this book presents the information about Bipolar II, makes it seem more clear than all the others I've read. I discover myself frequently questioning myself at times but once I did/perform these exercises and go back and re-do them or want reassurance it's basic as day. I find the clear and simple presentation very helpful. Ideal for beginners - needless for those who've experienced therapy awhile or who are actual therapists This has plenty of great info and supplemental CBT/DBT work for someone who is Starting therapy. It's well-created and presented in ways that's easy to understand. However, when you have experienced therapy for awhile, or you're a therapist yourself, there's not much in this book that will be new. Great book for self-user or as an instrument for a counselor Awesome and it's really geared specifically to bipolar 2 that is excellent! Great book Very clear and straightforward method of a Bipolar II disorder. I'll recommend it to my sufferers because is practical and easy to read. hope is good It has helped my daughter more than drugs prescribed on her behalf awful depression. She told me that it is helping her get a handle on coping mechanisms and is normally optimistic about learning brand-new ways of managing her bipolar II condition. Actually?. It has helped me learn a lot more about the illness and how exactly to respond in more healthy ways. Avoid alcohol and drugs! It's apparent you understand the disease and have a passion to greatly help those of us experiencing it. Thank you from the bottom of my heart. Book Very useful workbook I'm understanding bipolar 2 Five Stars I really like this workbook. That is your advice for people with an incurable chronic mental disease? Even for those not Bipolar, this book gives excellent life abilities strategies. I also total the provided Diary Cards daily, which includes been very useful for mood tracking. But I will finish it as it has up to now been more useful than the majority of the others I have (tried) to read. This shouldn't be your first Bipolar reserve . I was diagnosed with BP 2 this summer and have slowly been working my method through this book.. Definitely worth the price if you need to improve your daily life in meaningful methods. This shouldn't be your initial Bipolar book to read. id suggest getting it with Bipolar for Dummies. read the Dummies book first, then dig into this publication. I believe it will actually help make this book for worthwhile and helping over time. Snuggle into your bed! One Star Totally useless and a complete waste of money Valiantly attempts to attain all and therefore helps none. I think Psychiatrists and psychologists sit around commending one another for ideas that seem like they should work but already have little program in true to life. That, IMHO is this book. Presume you are an ax murderer or, 2. There's an inverse correlation in self-help books between the number of exclamation points and how ineffective the advice will be. It's very clear concise format is helpful. Exercise! This is what I did. Thank you to the authors for your obvious explanations and guideline to surviving this disease. Very helpful in understanding and dealing with deep depressive episodes. Five Stars Helpful this book offers excellent life

skills strategies This book ended up being extremely helpful. To place a finer point on it, at the beginning of the reserve the authors talk about letting everyone in your world find out about your BPII medical diagnosis. They imply that all your acquaintances will link hands, sing Kumbaya and assist you to. This has not really been my knowledge. The stigma of BPII is almost as debilitating as the depression. If you ask me, confusingly, people will 1. I want I had my \$10 back. Assume you certainly are a malingerer who earned't bootstrap or, 3. Assume you force a cart around Central Park while in stripes and plaids railing about Lyndon LaRouche and the Ozone level.



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