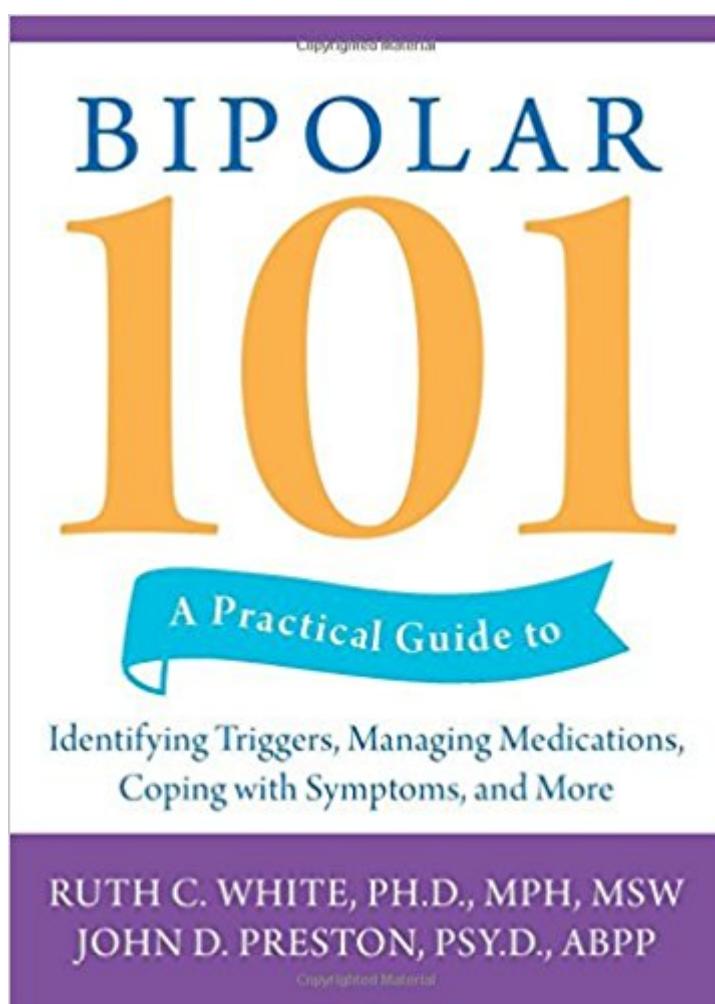


The book was found

Bipolar 101: A Practical Guide To Identifying Triggers, Managing Medications, Coping With Symptoms, And More



Synopsis

After receiving a bipolar diagnosis, you need clear answers. *Bipolar 101* is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need. Â

Book Information

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Customer Reviews

The best primer ever written on the topic of bipolar disorder. -Stephen Hinshaw, editor of *Psychological Bulletin* and chair of the department of psychology at the University of California, Berkeley

In *Bipolar 101*, a mental health advocate who has personal experience with bipolar disorder offers this guide to the ten simple--yet not always easy--essential steps readers need to take to control this serious and challenging condition.

I gave it 3 stars and would give it 5 stars if it had a lot more to offer to people at different stages in bipolar disorder. Its pretty small, but I would only recommend this book to someone who has NO access to therapy or anything, or is newly diagnosed. The reason I say that is because a lot of this stuff I thought was common sense like making sure to eat properly, tracking your foods, and making sure to drink enough water. I've been diagnosed for about a year now, and I do have access to therapy now and a good psychiatrist so i'm not sure if that has anything to do with it. Again, If I was

a person who was newly diagnosed, had no support system and no clue what bipolar disorder was or how to manage it or anything at all, I would HIGHLY recommend this book. Or if I was a single parent who had a newly diagnosed kid, I would get this book. But for people who need more of an in depth kind of guidance, I probably would get something else.

This book is a must-have for anyone dealing with anyone diagnosed with this disorder. I read it in 2 days and got a lot out of it. I gave it to my family members to read also. It's written by a Social worker/therapist who not only deals with patients but suffers from the disorder as well.

The reason I ordered this book, a family member was diagnosed with ...Manic Bipolar with Delusions...I wanted to help anyway I could. But ,understanding the disorder is the first step. Triggers, medications and possible problems with medications..diet..and many other things ..the book did help me understand so much.

I bought this as an Ebook and it has everything you could ask for in a book about bipolar, in an educated but layman's format so its easy to understand. I'm still reading, but highly recommend the content of this particular book.

One of the best books on bipolar disorder. Great for individuals struggling or families learning how to help.

A good basic book written primarily for the newly diagnosed bipolar person. It seems a little bit dated, based on some of my other reading on bipolar. I purchased it in an effort to better understand my bipolar partner, and it was fairly helpful, in that it gathered into one volume information that I had otherwise gleaned from multiple sources.

This is likely to be a very useful tool for those in either of two categories: wondering if they are bipolar, or recently diagnosed as bipolar. It describes the condition - really, the variety of conditions - in clear language and gives very useful exercises to judge the situation and learn to cope. It offers hope without promising too much. I had hoped that it would also provide support for the partners of those with bipolar disorder, but it is less useful for us.

... on identifying and working with bi-polar disease. It is quite a helpful and I appreciated having it to

both understand what my friend was going through as well as to find out if it was something I thought fit my own. I have not kept up with current mental health trends in medication and treatment so this helped me enter the conversation.

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