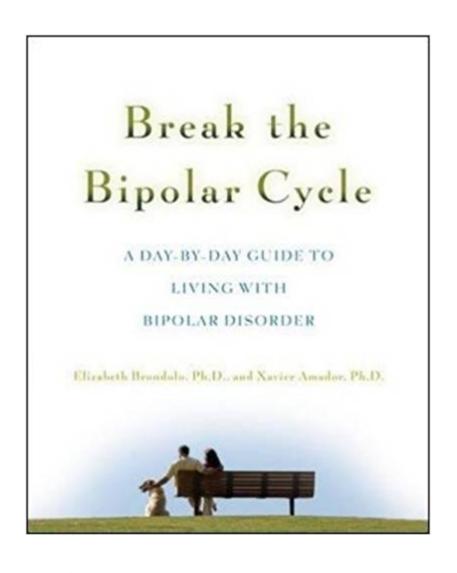


The book was found

Break The Bipolar Cycle: A Day-by-Day Guide To Living With Bipolar Disorder





Synopsis

Take control of your symptoms--and take charge of your life If you're dealing with bipolar disorder, you already know that itââ ¬â"¢s more than a cycle of â⠬œupsâ⠬ŕ and â⠬œdowns.â⠬• You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder and helps you: Identify your symptoms Explore your treatment options Stabilize your moods Sharpen your mind Achieve your goals This isn't a one-size-fits-all guide. It's a uniquely personal approach to your bipolar disorder that covers the full spectrum of the disease and its symptoms. You'll be able to find successful ways to regulate your moods, relieve your stress, improve your thought processes, and break the bipolar cycle--for a happier, healthier life.

Book Information

Paperback: 304 pages Publisher: McGraw-Hill Education; 1st edition (January 10, 2008) Language: English ISBN-10: 0071481532 ISBN-13: 978-0071481533 Product Dimensions: 7.3 x 0.6 x 9 inches Shipping Weight: 1.1 pounds (View shipping rates and policies) Average Customer Review: 4.4 out of 5 stars 41 customer reviews Best Sellers Rank: #287,626 in Books (See Top 100 in Books) #118 inà Â Books > Health, Fitness & Dieting > Mental Health > Bipolar #119 inà Â Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #295 inà Â Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

Customer Reviews

Elizabeth Brondolo, Ph.D., is a clinical psychologist specializing in bipolar disorders. She has been practicing in New York City for more than fifteen years. She is a nationally known researcher in stress and health and a professor at St. John's University. Xavier Amador, Ph.D., is a clinical psychologist who was on the faculty at Columbia University Medical School for fifteen years. He is a nationally known researcher on bipolar disorder and schizophrenia, the author of I Am Not Sick, I Donââ \neg â,,¢t Need Help, and past director of research at the National Alliance on Mental Illness.

This is a workbook that has charts for you to fill out. It explains, among other things, how to effectively deal with mood dysregulation, anxiety, and deficits in motivation, working memory, and declarative memory. Table of Contents: Preface, viiAcknowledgements, xvPart One: The Big Questions1) How do I know that I have a bipolar spectrum disorder: Understanding the diagnosis, 3.2) Is it really BSD?: Common diagnostic dilemmas, 27.3) If I'm taking my medication, why do I feel bad again?: The importance of ongoing assessment of symptoms, 39.4) What exactly is going on?: Some background on the neurobiology of bipolar disorder, 59.5) Do I have to take my meds?: The role of medications in managing BSD, 77.Part Two: Problems and Solutions:6) I just don't feel like it: The effects of BSD on motivation, 115.7) I just want things to go back to the way they were: The effects of BSD on your motivation to recover, 129.8) I don't know where to begin: Setting goals with BSD, 137.9) My mood affects everything I do: How mood regulation affects your functioning, 153.10) I thought I was smart, but I just can't perform: The role of information-processing problems, 171.11) Just when I felt OK, I got sick again: The dangers of relapse, 193.Conclusion (What's next?), 209.Exercises, 219.Resources, 247.Selected References, 249.Index, 271.

Best Bipolar book hands down!! So informative and yet gives you practical day to day tools to help with stress management. I have had a difficult time getting the correct diagnosis for my symptoms; One Dr. says Borderline, and the other says Bipolar II. Afterreading this, I saw myself and all my difficulties in throughout the pages of this book!!It goes into the "deeper" issues of the illness rather than just outward symptoms that you will read in just the DSM qualifications, like the way your brain processes information, memory, and cognitive difficulties... all leading to the fact thatBipolar leaves one with a deficit in ones ability to handle/deal with stress.Must read!!

This book is an excellent resource for someone who lives with bipolar disorder. The problems and solutions presented in this book would be helpful to any person that has bipolar disorder. There is a chapter strictly written to discuss how one can set goals. Explanations are given in detail as to why even with medication a person with this illness may still have off-days in which they struggle. There is even a chapter explaining how lack of motivation can occur and what one can do about it when it does occur. It would be comforting for someone with this illness to truly understand that mood swings, irritability, and lack of motivation doesn't make one less than anyone else and it doesn't mean that the suffering person is ignorant or weak. This book is a great tool to refer to when things are going well and when things are not going so well. A person with bipolar disorder could refer to

this book time and time again. I bought a used copy of Break the Cycle for a bargain price. Break the Bipolar Cycle arrived in great condition for a used book. The book only took six days to reach my door step after the order had been placed.

Reading the very detailed information I gained so much insight to dealing with my daughter who has been bipolar for 15+ years and diagnoisised just recently correctly. There are very different signs between severely depression and being bipolar. People can have for years and it only takes one big stressor to set it off to the point of suicide. the mental health system really sucks, getting help is difficult because if doctors are in denial telling a patient no not depression it is bipolar I have been giving you the wrong medications. This book should be read by all relatives dealing with their loved ones suffering and when ready the patients.

I highly recommend reading "Break the Bipolar Cycle: A Day-byDay Guide to Living with BiPolar Disorder" by Elizabeth Brondolo. It is written for the person who has the diagnosis of Bipolar and for their support team to better understand the illness and the knowledge to work with the cycles in addition to taking medications and seeking professional help. Medication and professional help is necessary for those with mental illness but that shouldn't be the only arsenal of defense. This book helps those suffering from this awful illness to be an active participant in controlling their disease. Also, someone who has immediate family members suffering from bi-polar illness, it also helps me to be a part of their support team to aid in their challenge to live with Bipolar Disorder. I am always in search of more knowledge on this illness as it has helped me to understand better and to be supportive. My husband of 38 years lives daily with bipolar as well as I do along with him. We also have 2 boys diagnosed with bipolar at 14 yrs. old and believe that another son who died by suicide at age 22 had this disease as well and our youngest son that also is not diagnosed but has been showing signs since his teens as well. This and other books are so helpful to me and our family, it has helped immensely in keeping our family together through all of these year, knowledge is power. When my husband and I were younger and it was called Manic Depression, there was not much info out there and there to aid me to be able to better support him. I am so thankful that isn't the case now. For those with this disorder/illness and for those that love them, I would also recommend finding a support group for each of you, there are great ones out there.

Download to continue reading...

Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Beautiful Bipolar: A Book About Bipolar Disorder Living With Someone Who's Living With Bipolar Disorder: A Practical Guide for Family, Friends, and Coworkers Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder Lochs and Glens North - Sustrans Cycle Route Map: Sustrans Official Cycle Route Map and Information Covering the 217 Miles of National Cycle Network from Glasgow to Inverness Lochs & Glens South - Sustrans Cycle Route Map: Sustrans Official Cycle Route Map and Information Covering the 214 Miles of National Cycle Network from Carlisle to Glasgow Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. Severn & Thames Cycle Map: Including Bristol, Bath, Chippenham, Stroud and Swindon - and 5 Individual Day Rides (Pocket Sized Guide to the National Cycle Network) Bath City Break Guide (City Break Guides) Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder, Third Edition Bipolar Disorder: A Guide for Patients and Families (2nd Edition)

Contact Us

DMCA

Privacy

FAQ & Help