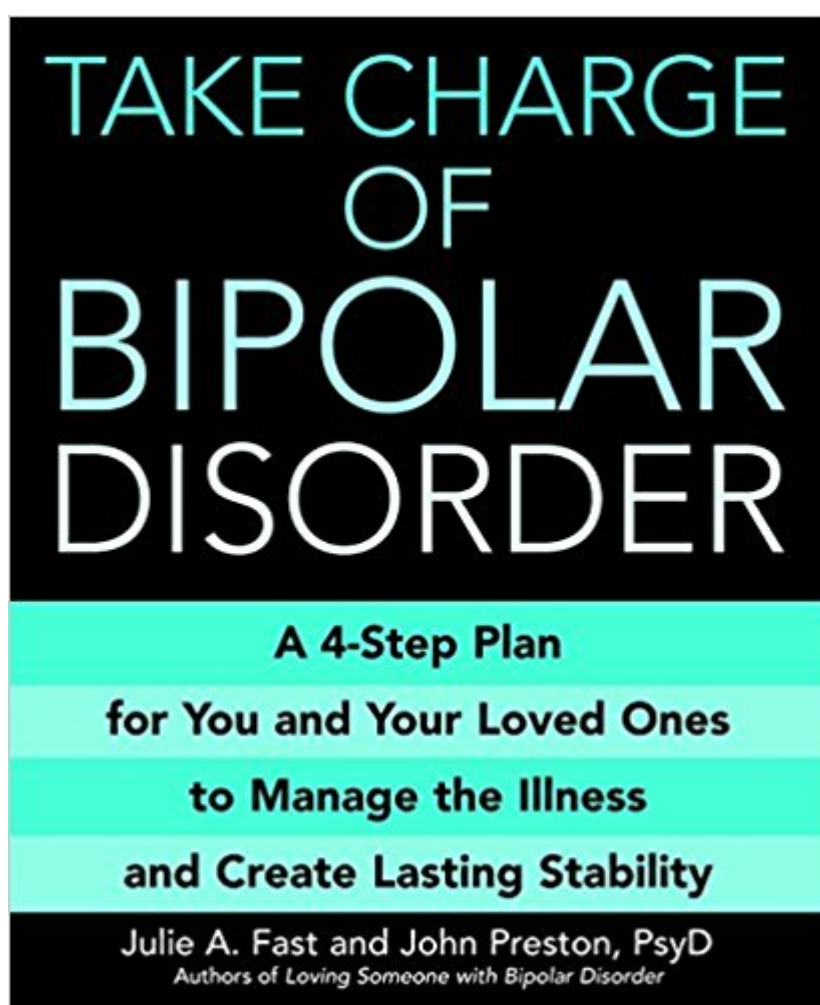


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# Take Charge Of Bipolar Disorder: A 4-Step Plan For You And Your Loved Ones To Manage The Illness And Create Lasting Stability



## Synopsis

The authors offer those with Bipolar Disorder a four-step plan towards managing the illness and creating lasting stability.

## Book Information

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## Customer Reviews

John D. Preston, Psy. D. is a clinical psychologist and author of ten books in the areas of neurobiology, psychopharmacology, and psychotherapy, including "Taking Charge of Bipolar Disorder", which he co-authored with Julia Fast and is currently in its third printing. He is on the faculty of the California School of Professional Psychology, Sacramento, and the University of California, at Davis School of Medicine. He has lectured widely in the US and abroad.

This is such a help as I learn more. It's already been reassuring to read and I can see it will be a big help as our family works through this. I feel like I will reference it again and again. She clearly understands and knows how to put things in a way that is truly helpful. I am so thankful she wrote this guide and that so many reviewers helped me decide to purchase a copy.

Best book on Bipolar I've ever seen. Great for helping the non-Bipolar person to understand the actual nature of the Bipolar disorder. This is a great book for family members or spouses to facilitate discussion. It also contains a great variety of techniques to help both the person with the Bipolar challenge and their friends and family to work through solutions. Bipolar can be extremely difficult to

manage, even with the use of medications and therapy. This is one of the best resources of its type I've ever seen. While there is no easy solution to managing Bipolar behaviors, this is a resource I highly recommend.

Recommended by my therapist and a very worthwhile purchase. What I am learning and now putting to use about bipolar disease, is invaluable! My "quirks, weaknesses, annoyances" as seen by me and others are now better understood as part of the malady. Plus, strategies to lessen those traits are spelled out and actually WORK!!! In the past, I accepted my "mental illness" intellectually. . .emotionally not as much. But seeing it now, for what it is - a "disease", is so much easier to wrap my brain and feelings around. The workbook format is great, in that actually needing to write down specifics, forces pause, contemplation and decision making which I feel is very important! In addition, the grey boxes that spell out suggestions for family, friends, and caretakers associated with a bipolar acquaintance, are "go to" sections. I continue to read, study, learn and answer sections as I make my way through this workbook! Buy it!

It is not easy to manage one's life if you have this illness. The psychiatrist who diagnosed me didn't give me any information about it. He prescribed helpful medications, but no books or guidelines other than that. This handy book helps your family deal with your mood swings and helps you know what to do behaviorally as well. Even though this is a mental illness, it is an illness. This book helps you deal with this illness on many fronts.

Bought one for my daughter, now that she is on her own, and realizes that she has to depend more on herself. Bought the second for one of her friend's who is also bipolar. Both are finding the workbook ideas helpful. You need to have a plan with a mental illness. Make the plan when things are good, so that when they are not, you have a plan for what to do, and a means to identify the red flags along the way.. This is an essential M.O. for bipolar people.

Recommended to me by someone who has Bipolar, this book has been a lifesaver. Easy to read and follow, I will be able to refer back to it and share sections with family members to help them understand and how they can help our loved one with Bipolar

This is an excellent book. I purchased upon a recommendation from my therapist. By far, it is the best book on bipolar I've ever read. You won't be disappointed.

I would recommend this guide to anyone who is facing the personal or family-based realities of this disorder. In plain and easily understood language, this book will sweep away most preconceived cobwebs and misconceptions you may have about bi-polar disorders at all levels. I urge you to get this book if such problems are occurring in your life right now.

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