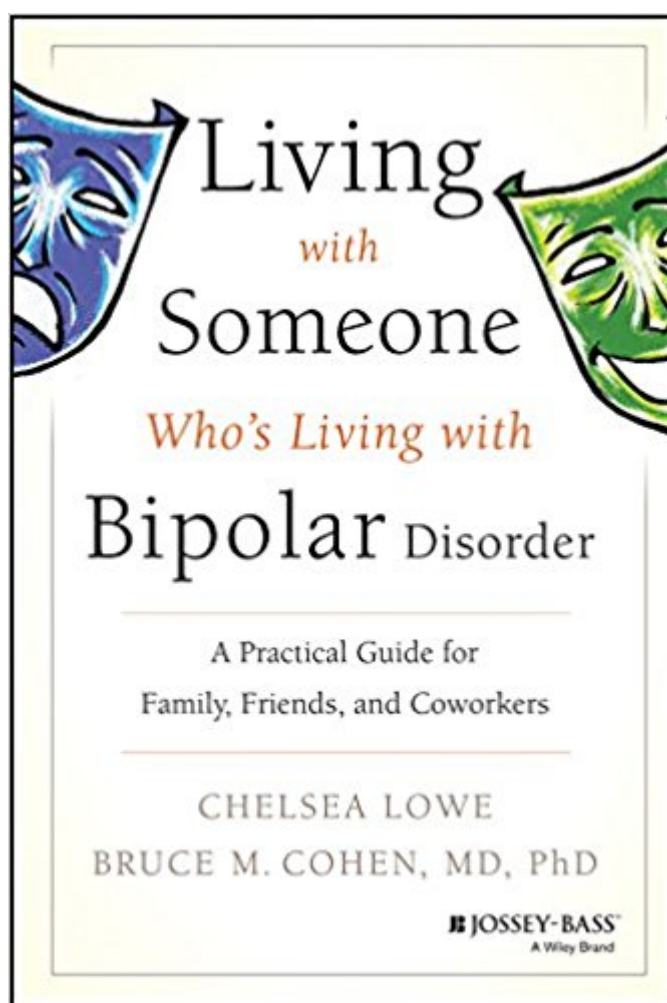


The book was found

# Living With Someone Who's Living With Bipolar Disorder: A Practical Guide For Family, Friends, And Coworkers



## Synopsis

An essential resource for anyone who has a close relationship with a person who is bipolar This book provides a much-needed resource for family and friends of the more than 5 million American adults suffering from bipolar disorder. From psychotic behavior that requires medication to milder mood swings with disturbing ups and down, this book offers a warm and often humorous user-friendly guide for coping with bipolar loved ones, colleagues, and friends. The book includes Guidance for identifying bipolar disorder symptoms and how to get the diagnosis confirmed Strategies for dealing with rants, attacks, blame, depression, mania and other behaviors Crucial information on medication and its effectiveness and potential side-effects Techniques for dealing with attempts to self-medicate with drugs and alcohol How many people with bipolar disorders can care for themselves, get help, feel supported and go on with their own lives This important book contains real-life illustrative examples and a wealth of helpful strategies and coping mechanisms that can be put into action immediately.

## Book Information

Paperback: 272 pages

Publisher: Jossey-Bass; 1 edition (January 26, 2010)

Language: English

ISBN-10: 0470475668

ISBN-13: 978-0470475669

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 44 customer reviews

Best Sellers Rank: #242,937 in Books (See Top 100 in Books) #106 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #270 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #20135 in Books > Self-Help

## Customer Reviews

Mental health columnist Lowe and Cohen (psychiatry, Harvard Univ.) team up to address the needs and concerns of those who are involved with someone who has bipolar disorder. They use nontechnical language to describe all aspects of diagnosis, treatment options, and day-to-day issues. Numerous vignettes of couples, told from the nonbipolar partner's point of view, personalize the narrative and also make clear how varied the symptoms, whether behavioral or emotional, can be. Specific advice is offered on communicating with family, friends, and work colleagues;

developing a professional and nonprofessional support system; and navigating the impact of this disease on work and personal life. There is also an extensive reading list appended, and resources appropriate to the topic at hand are integrated into the text. Verdict: This offers practical help to those living with or related to a person who is or might be suffering from bipolar disorder. A guide on the nitty-gritty details of managing a relationship and a life, with a hefty dose of encouragement thrown in, this has lots of excellent resources for all aspects of diagnosis, treatment, communication, and coping.â "Paula McMillen, Univ. of Nevada, Las Vegas (Library Journal, January 29, 2010)

Living with Someone Who's Living with Bipolar Disorder If you love someone who has bipolar disorder, this warm, sometimes humorous, user-friendly book will give you the information you need to deal with changing moods, turbulent ups and downs, depression, mania, and other behaviors that are disturbing. Designed as a hands-on guide and written in everyday, nontechnical language, the book offers practical answers to the most commonly asked questions about bipolar disorder. "A spellbinding look. For those touched personally by this long misunderstood disorder&#151;a must-read that could change your life."&#151;Patricia Cornwell, best-selling mystery author "With this book, Dr. Cohen and Chelsea Lowe will bring palpable comfort to those whose lives have been affected by bipolar disorders."&#151;Glenn Close, award-winning actress and advocate "This is a much-needed book. Although common, bipolar disorder remains widely misunderstood. Chelsea Lowe and Bruce Cohen have written a highly accessible book full of accurate and useful information."&#151;Steven E. Hyman, provost, Harvard University; former director, National Institute of Mental Health

I had high hopes for this book, as I really needed it. Unfortunately, it was terrible. Clearly, the author does not live with or love someone with bipolar. This is the most negative book I have read on the subject, it has horrible examples, and is the furthest thing from a strengths based perspective. The suggestions are poor, and overall I am incredibly disappointed. Please do not waste your money like I did. I literally threw this book away (okay, I put it in the recycling bin) after reading it- I did not want it in my personal library. I found it offensive and absolutely NOT helpful. Would have rated zero stars or negative stars if I could. So many other great books out there on this topic. The best thing this one had going for it was the title. Edited to add- the book I DO prefer on this is called LOVING someone with bipolar disorder by Julie fast. Far far better choice.

This had a lot of good information in it, but it's not exactly what I was looking for. I wanted coping

strategies and tips about triggers and lifestyle. This did have some of that but a large majority talked about the history of bipolar, brain chemistry, getting a diagnosis, choosing a therapist, how to inform friends and family that you are bipolar, and pages of information about different drugs used (or that shouldn't be used) to treat the illness. All interesting stuff (sort of), but not much relevant to my situation. I just skimmed it, though I don't regret having it to keep on my bookshelf if I ever need a reference of the type.

This book read like someone copied every article they could find on bipolar individuals and threw them together to make a book. Not at all helpful. I got better information off the web.

I bought this book because I have bipolar II, and have had issues in my close relationships that I want to understand and improve upon. The book offers many relationship stories, and through them I was able to gain an appreciation of how I look at and feel in relationships as well as how my partners may have felt. The book offers partners strategies and hope that they can understand and maintain healthy relationships for themselves and with their loved ones.

It can be helpful for providing insight, or scaring the s\*\*\* out of loved ones. I bought this for my husband. To help me. It helped... but only for him to realize he could not accommodate my needs. So... it can save some time and sanity for all around.

I had been looking for a current book on BD and a book that was for someone on my end. My husband has been DX with DB since he was 18 and had a relapse after we were just married. Before that he was in remission and I never saw his mood swings. This book is the perfect book to educate someone who does not have the illness and wants to learn more about it. The book covers everything you would want to know about BD, I really liked the descriptions of the symptoms and the little stories from actual people. Most of the websites and organizations cited in the book I know about, but there were a few new ones for me to discover. It was comforting to read that what my husband goes through daily is his illness and not him just being lazy or forgetful on purpose. I told my husband he should read the book after I am done, maybe he will learn a little more about his illness. The book is an easy read, this is the first book on BD that I have finished. I could not stop reading this book, the only reason I did not finish it the first day, was I needed to go to work the next day.

Just having gone through my husband's second major manic episode it was time to do more serious study of his disorder. We had 17 months of "normalcy" before second onset. Gaining understanding of OTC meds was invaluable. Likewise, talk therapy was not bringing the success we'd hoped for as a couple. Although diagnosed 4 years ago, he's most likely had it for over 40 years of our marriage. This book brought determination for me to access all the help I can get to help him and us have a better life together.

I recommend this book because it provides essential background into the subject and is written in a clear and readable style for the layman. Just about anyone will feel more secure when discussing this malady after reading this book.

[Download to continue reading...](#)

Living With Someone Who's Living With Bipolar Disorder: A Practical Guide for Family, Friends, and Coworkers Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) 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 Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) 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 Beautiful Bipolar: A Book About Bipolar Disorder Loving Someone With DID: Navigating your relationship with someone who has Dissociative Identity Disorder Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series) The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Family Games: Fun Games To Play With Family and Friends (Games and Fun Activities For Family Children Friends Adults and Kids To Play Indoors or Outdoors) The Bipolar Disorder Survival Guide, Second Edition: What You and Your

# Family Need to Know The Bipolar Disorder Survival Guide: What You and Your Family Need to Know When Someone You Love Is Bipolar: Help and Support for You and Your Partner

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)