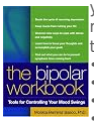
Self-Help: Bipolar

January 1, 2010

BOOKS:
The Bipolar Workbook: Tools for Controlling Your Mood Swings
Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder
Bipolar Disorder for Dummies
Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know
The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
Bipolar Disorder: A Guide for Patients and Families
Bipolar Disorder: The Ultimate Guide
Why Am I Still Depressed? Recognizing the Ups and Downs of Bipolar II and Soft Bipolar Disorder

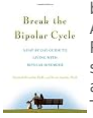
Books

The Bipolar Workbook: Tools for Controlling Your Mood Swings
by Monica Ramirez Basco



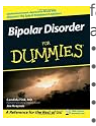
Mood swings may be a part of your life, but the struggle to control them doesn't have to dominate it. Together with the right course of medication, The Bipolar Workbook can put you back in control. Dr. Monica Ramirez Basco has assembled a versatile toolkit of proven self-help strategies designed to help you recognize the early warning signs of relapse, resist the seductive pull of manic episodes, and escape the paralysis of depression. Whether you're new to the diagnosis (and not quite sure it fits) or want to enhance your current treatment, this simple program puts you in charge. Easy-to-follow guidelines and worksheets help you identify problem areas and minimize their impact, including ways to:
• Reduce the recurrence and severity of your symptoms.
• Slow things down and get the sleep you need when mania strikes.
• Keep motivated and avoid procrastination when you're depressed.
• Fine-tune medical treatments to maximize your gains.
• Rein in emotional reactions.
• Stay focused and achieve your goals.
Since every individual's experience with bipolar disorder is unique, Dr. Basco encourages you to customize a plan that suits your needs. So take charge and make a better life.

Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder
by Elizabeth Brondolo



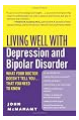
A symptom-specific guide to help you or your loved ones deal with bipolar disorder.
People suffering from bipolar disorder may have difficulty differentiating the vicious ups and downs of their bipolar cycle from the stress and strain of everyday life. Written by two specialists and based on the latest research in neurobiology and stress, this is the only guide to identify, isolate, and address these symptoms individually and prescribe appropriate actions for each situation.
This life-changing book shows you how to team with your friends, loved ones, and doctors to formulate an effective plan to battle the disorder. It also contains many exercises to help you manage your symptoms and move forward with your personal goals.

Bipolar Disorder for Dummies
by Candida Fink



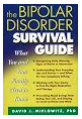
Bipolar Disorder affects many more people than just the 2.5 million Americans who suffer from the disease. Like depression and other serious illnesses, bipolar disorder also affects spouses, partners, family members, friends and coworkers. And, according to the Child and Adolescent Bipolar Foundation, 15% of children diagnosed with ADHD may actually be suffering from early-onset of Bipolar Disorder.
Bipolar Disorder For Dummies reveals some of the causes and consequences of bipolar disorder, let you in on some crisis survival strategies, and describe ways that friends and family members can support loved ones who have the disease. The book includes an overview of the causes and symptoms of bipolar disorder, explains step-by-step how to obtain an accurate diagnosis, discusses the medications available, and tells what you can and can't do to help someone with the disease. You'll learn:
• The different categories and potential causes of bipolar disorder
• How to select the right mental health specialist
• Managing employment-related issues brought on because of the disorder
• How bipolar disorder affects children
• Advocating for yourself or a loved one
• Planning ahead for manic and depressive episodes
• Selecting the best medications for you—including alternative "natural" treatments
• How to survive an immediate crisis situation
• Identifying triggers and mapping your moods
Complete with fill-in-the-blanks forms and charts, key web site and email addresses, and first-hand accounts from real people, Bipolar Disorder For Dummies gives you the latest information and self-help strategies you and your loved onesneed to help everyone affected feel a whole lot better.

Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know
by John McManamy

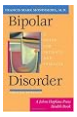


Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In Living Well with Depression and Bipolar Disorder, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on:
• Diagnosing the problem
• Associated illnesses and symptoms
• Treatments, lifestyle, and coping
• The effects of depression and bipolar disorder on relationships and sex
With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, Living Well with Depression and Bipolar Disorder will help sufferers begin to reclaim their lives.

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
by David Jay Miklowitz

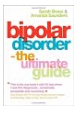


Thanks to sharper diagnosis and better medicine, the future is far brighter for people with bipolar disorder than was thought possible in past generations. But those struggling with the frantic highs and crushing lows of this illness still have many hurdles to surmount at home, at work, and in daily life. This comprehensive guide offers straight talk that can help people with bipolar disorder take charge of their illness and reclaim their lives. It is filled with practical self-assessment and self-management strategies from a compassionate professional who knows what works. The book helps individuals and family members come to terms with the diagnosis; recognize early warning signs of manic or depressive episodes; cope with triggers for mood swings; manage medication problems and family and work issues; and learn to collaborate effectively with doctors and therapists. Above all, it supplies proven tools to help readers reach toward achieving balance--without sacrificing their right to a rich and varied emotional life.



Bipolar Disorder: A Guide for Patients and Families
by Francis Mark Mondimore

An excellent guide to a painful and difficult yet treatable illness. Dr. Mondimore's outstanding abilities as clinician and teacher are put to good use in this indispensable book.



Bipolar Disorder: The Ultimate Guide
by Sarah Owen

Has someone close to you been diagnosed with Bipolar disorder? Have you been diagnosed yourself? If so, then this is the book for you. With a helpful question and answer format, this invaluable guide reveals everything about the condition, and shows how to keep it firmly under control. From how to deal with a manic episode to coping with the stigma often associated with mental illness, this guide contains the very latest research surrounding the illness that affects one in fifty of us. Including numerous real-life case studies, helpful character summaries and a full list of support organizations, this accessible blend of advice and insight will inform and empower all those who live with the bewildering turbulence of bipolar disorder.

Why Am I Still Depressed? Recognizing the Ups and Downs of Bipolar II and Soft Bipolar Disorder
by James R. Phelps



Tried everything but still not feeling better?
If your depression keeps coming back or is even getting worse, then you may be suffering from bipolar II or "soft" bipolar disorder. Commonly misdiagnosed, these mood disorders are characterized by recurring bouts of depression along with anxiety, irritability, mood swings, sleep problems, or intrusive thoughts.
Why Am I Still Depressed? shows you how to identify if you have a nonmanic form of bipolar disorder and how to work with your doctor to safely and effectively treat it.
Author James R. Phelps, M.D., gives you the latest tools and knowledge so you can:
• Understand the Mood Spectrum, a powerful new tool for diagnosis
• Know all your treatment options, including mood-stabilizing medications and research-tested psychotherapies
• Examine the potential hazards of taking antidepressant medications
• Manage your condition with exercise and lifestyle changes
• Help family and friends with this condition understand their diagnosis and find treatment

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