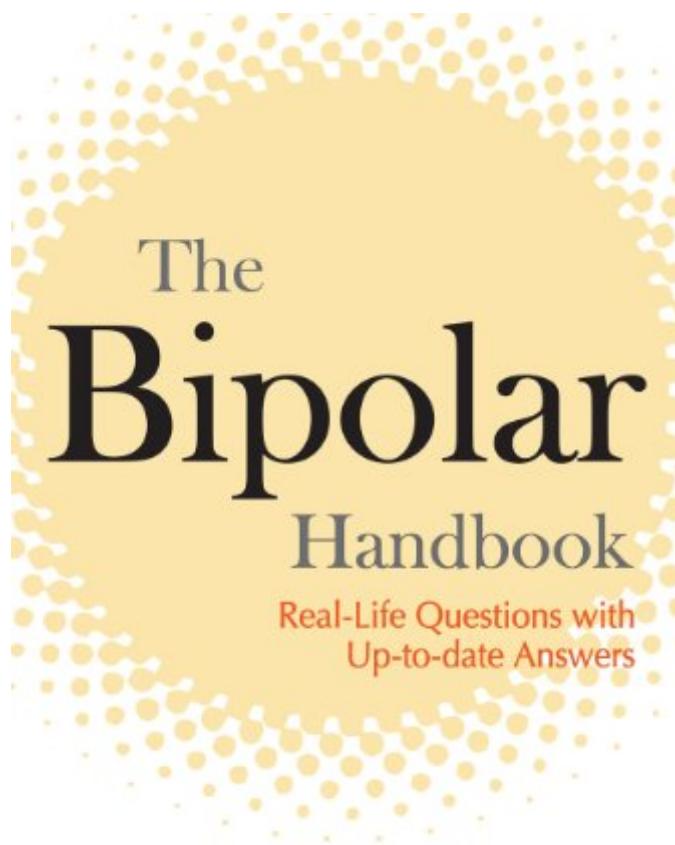


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# The Bipolar Handbook: Real-Life Questions With Up-to-Date Answers



Wes Burgess, M.D., Ph.D.



## **Synopsis**

For Dr. Wes Burgess, the diagnosis of bipolar disorder means hope-hope for the estimated ten million people who will develop the disorder during their lifetimes, and hope for the families and friends of people who suffer from it. Drawing upon the real questions asked by patients and families during his nearly twenty years as a bipolar specialist, *The Bipolar Handbook* comprehensively tackles every area of the disorder, from its causes to medical treatment and psychotherapy, to strategies for creating a healthy lifestyle, to the prevention of, coping with, and treatment of bipolar episodes. From the more than five hundred questions and answers, you'll learn: - what to expect when pursuing a diagnosis- how to choose the right doctor or specialist- how to get the disorder under control- what treatments and medication protocols are best for you- how to reduce stress to prevent manic and depressive episodes- what family members and friends can do to support you, and more Dr. Burgess also addresses unique lifestyle concerns facing bipolar individuals. Special chapters on practical strategies for career success, building healthy relationships, issues that specifically affect bipolar women, and coping techniques for families and friends further explore the impact of the disorder on daily life. The *Bipolar Handbook*'s easy-to-access format and full chapter of resources, as well as diagnostic criteria from the American Psychiatric Association and the National Institute for Mental Health, make this a versatile guide-perfect for quick reference and in-depth discovery.

## **Book Information**

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## **Customer Reviews**

only half way through it....will gift it to my shrink after I am done....packed to the gills on everything you can imagine for bipolar understanding and treatment...if you have been diagnosed as "depressed"...please, read this if your program isn't working well...truly illuminating

Best book ever on Bipolar. An easy read, laid out as if you were the one sitting in the Dr's office asking the questions. Simple and easy to understand. Really helped us understand what our son was going through and what questions to ask about medications and the combinations of medications. **HIGHLY RECOMMEND**, especially if you are new to a Bipolar diagnosis. This will help whether you are the one with Bipolar or a friend or family member.

I was diagnosed with bipolar disorder and felt very lost. I started reading everything I could. I can't even estimate how many different resources I went through until I got to this book. It has answered questions I felt stupid for asking. It gave me insight into some of my actions and ideas on how to avoid repeating actions that caused problems. It has made a difference in how I understand the disorder and think everyone who is diagnosed with bipolar and their family and friends should all try and read this book. It gives answers that you can understand, and recommendations that are useful.

I really enjoyed reading this book because I have Bipolar 2, I know the symptoms but I never knew why. I would recommend this book to others, Both Bipolar sufferers and their families.

Having had a bipolar and addictive husband and currently living with a bipolar adult daughter, I've felt it difficult and frustrating over 45 years to find clarity on specific manifestations of the illness. Have been to county mental health lectures and numerous informational programs of DMDA and NAMI. Until Burgess' book, I'd never been exposed to so much helpful, insightful, practical and specific information in one little paperback. The question and answer format makes sense and

makes reading easy. Anyone of any age can read this--it's easily understandable. This should be required reading for the clerical, nursing staffs, and medical students of every psychiatric facility and office. It also should be required reading for anyone upon diagnosis and/or for loved ones and extended families. The illness, unlike others, takes its toll on the entire family and network of close friends. The illness is truly a cross to bear. Thank you, Dr. Burgess. Only one other book, Jan Fawcett's "New Hope for People with Bipolar Disorder" 2nd edition, is as inspiring. Together the two books have given me renewed hope.Dana, Illinois

I first read this book when I borrowed it from the public library.....and I would check it out over and over again because it answered just about every question about Bipolar Disorder that a person can come up with.....As you can see,I got tired of borrowing it from the library and I just went ahead and bought my own copy.....When my family members start grilling me about my condition I grab this book and tell them they can borrow it for 2 weeks....and when they're done THEN we can talk about my condition.....there isn't that many issues and topics that were not discussed in this book....If you want a cut,dry and simple explanation of Bipolar disorder and what comes along with it then this is THE book for you. I love it! :)

Dr. Wes, I have ADD and bipolar. Yet, I'm a unique ADDer that can and does read BIG stuff AND lots of it. So, initially i was disappointed with your book. But, as I read on - I found it contained TONS of golden little nuggets (i.e. "Do not try to be a hero. Just do a reasonable job in a reasonable time." p. 153, -- "Try to surround yourself with friends who respect you and like you for who you really are." p. 161)! I returned the library's copy and bought my own! I'm always looking/thinking that more info will solve my myriad of problems. I'm now convinced that simply doing two or three simple things WELL -- makes a tremendous difference. Your book helps people easily find those two or three things. I'm done looking for the 'magic pill' of info. That said, yes - I do the basics well. I socialize. I eat well. I exercise almost daily. I see my doc. I take my meds.Thanks again for the book Dr. Wes! I sure enjoyed/benefited from it!

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