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This is a great book to use for folks with bipolar and other mood disorders. The chapters are easy to read and each builds on the next. I also suggest that patients show the info to supportive family members so that they can be knowledgeable about these conditions.

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"Bipolar disorder is a lifelong challenge, but it doesn't have to rule a person's life. Many tens of thousands of readers have used the science-based tools in this book to recognize the early warning signs of mood swings, prevent symptoms from coming back, and get more out of treatment. Leading cognitive-behavioral therapy expert Monica Ramirez Basco presents five clear steps for withstanding the seductive pull of manic episodes and escaping the paralysis of depression, complete with vivid stories and practical tools. Significantly revised, the second edition features a new structure, more succinct chapters, and streamlined exercises. Anyone with bipolar illness or less severe mood swings will find essential problem-solving tips and coping strategies"--

This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression.

Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, The Bipolar II Disorder Workbook is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder. The four DBT skills you'll learn in this workbook--mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness--will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control. □Learn mindfulness and acceptance skills□Cope with depressive and manic episodes in healthy ways□Manage difficult emotions and impulsive urges□Maintain relationships with friends and family members

A doctor may understand the symptoms of bipolar disorder and your close friends and relatives may know your manic and depressive phases inside and out, but only you have experienced your bipolar disorder firsthand. This workbook will help you learn how to recognize your mania and depression triggers, develop coping skills for managing symptoms, form more productive partnerships with your healthcare providers, and keep your life in balance as you work toward your goals. The authors' Life Goals Program has already helped hundreds of people with bipolar disorder understand how bipolar works and take charge of their lives. Overcoming Bipolar Disorder makes Life Goals Program techniques available to the public for the first time, giving you the tools you need to create an action plan for symptom management designed specifically for you. You'll also discover how simple changes to your eating, exercise, and sleeping habits can improve your mood and keep symptoms at bay. Overcoming Bipolar Disorder is about more than just medication. New research shows that learning specific skills to manage bipolar disorder can significantly reduce symptoms and help to maintain long-term balance□. It should be an important resource for people living with bipolar disorder and for concerned family members.-Gregory Simon, MD, MPH, psychiatrist and researcher at Group Health Cooperative in Seattle, WA

From leading scientist-practitioners, this pragmatic, accessible book provides a complete framework for individualized assessment and treatment of bipolar disorder. It addresses the complexities of working with individuals with broadly varying histories and clinical presentations, including those who have been recently diagnosed, those who are symptomatically stable, and those who struggle day to day to achieve symptom remission. Extensive case material illustrates proven strategies for conceptualizing patients' needs and working collaboratively to help them adhere to medication treatments, recognize the early warning signs of manic and depressive episodes, build coping skills, and manage specific symptoms. The second edition is a complete revision of the original volume, updated and restructured to be even more user friendly for clinicians.

Build real-world skills for managing the day-to-day symptoms of bipolar II and cyclothymia through the practical strategies and exercises in The Bipolar Disorder Workbook. Finding stability and fulfillment while living with bipolar disorder or cyclothymia can be challenging. But with the right tools it's possible to overcome the symptoms associated with these diagnoses. In The Bipolar Disorder Workbook, clinical psychiatrist Dr. Peter Forster and clinical social worker Gina Gregory help you explore how symptoms like hypomania and depression show up in your daily life, and guide you to develop real-world skills for facing these everyday challenges. The Bipolar Disorder Workbook presents therapeutic ideas, tools, and techniques that draw from Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). Divided into 3 easy-to-follow parts, The Bipolar Disorder Workbook will help you identify the patterns of your symptoms, increase the stability of your mood, and successfully manage your bipolar disorder or cyclothymia. Based on the most up-to-date research on bipolar disorder and cyclothymia, The Bipolar Disorder Workbook offers: Compassionate, knowledgeable guidance for understanding bipolar disorder and cyclothymia, including the mood states that define them and an overview of different approaches to treatment. Practical checklists, self-assessments, writing exercises and other workbook features for managing the highs and lows, recognizing the warning signs of a mood shift, and minimizing the negative impact of bipolar disorder and cyclothymia on your life. Thoughtful suggestions for talking with friends and family and creating a support system through a variety of channels such as a treatment team, community resources, and loved ones. "Whole-Health Strategies" for enhancing the connection between your physical health and mood stability. Though it can take time, deciding to transform one's life is a brave and courageous thing to do. Here, in The Bipolar Disorder Workbook, you'll find the supportive, straightforward guidance you need to find relief from the symptoms of bipolar disorder or cyclothymia, and begin creating the kind of life you want and deserve.

Provides strategies for teenagers to manage their bipolar disorder, describing such tasks as identifying emotions, accepting difficult situations, practicing mindfulness, letting go of negative self-judgements, and creating a crisis plan.

Family-focused psychoeducational treatment (FFT) is among a very small number of psychosocial treatments that have been found to be effective in multiple studies to improve the course of bipolar disorder. This indispensable guide describes how to implement FFT with adult and adolescent patients and their family members. Provided are practical procedures for helping families understand the nature of bipolar disorder, strengthen their communication skills, solve day-to-day problems, and reduce the risk and severity of relapse. The book incorporates state-of-the-art knowledge on the illness and its biological and psychosocial management. More than a dozen reproducible handouts are included.

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