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Break The Bipolar Cycle: A Day-by-Day Guide To Living With Bipolar Disorder

Break the Bipolar Cycle

A DAY-BY-DAY GUIDE TO
LIVING WITH
BIPOLAR DISORDER

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Synopsis

Take control of your symptoms--and take charge of your life If you're dealing with bipolar disorder, you already know that it's more than a cycle of "ups" and "downs." You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder and helps you: Identify your symptoms Explore your treatment options Stabilize your moods Sharpen your mind Achieve your goals This isn't a one-size-fits-all guide. It's a uniquely personal approach to your bipolar disorder that covers the full spectrum of the disease and its symptoms. You'll be able to find successful ways to regulate your moods, relieve your stress, improve your thought processes, and break the bipolar cycle--for a happier, healthier life.

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Customer Reviews

If you only buy one book on bipolar this should be the book! I had spent tons of time (and money) looking for a relevant, helpful and intelligent book on bi-polar II. There are countless books focusing on bipolar I, but very few on its step-sibling bipolar II. There are even more books addressing depression, but none on hypo-mania. Just when I was finally giving up on ever finding a helpful book this one fell into my lap! And I was so excited. I can't stress how **HELPFUL** and **RELEVANT** this book is to anyone with bipolar but especially bipolar II. The first part of the book focuses on

educating the reader---about diagnostic techniques, brain chemistry, medication, etc. The second half helps the reader to understand what steps to take next after the diagnosis. This book gave me great hope and comfort. My hope came in realizing that there would one day be a time when this disorder didn't color my every day and I would just live life. And comfort came in knowing that I was not the only one experiencing these challenges and in the validation that I wasn't making it all up. I recognized myself in so much of this book. The biggest endorsement I can give this book is that I immediately ordered copies for my parents and closest friends. The book does an incredible job on communicating what life feels like from the patient's perspective and I know this information has been invaluable to my family and friends. They have become active partners in ensuring I stay safe and stable and recognize warning signs and problems on their own. And for that I will always be eternally grateful. This book addresses both bipolar I and II and gives equal time to both. It includes exercises--relevant ones including what to bring to a doctor's visit and how to recognize stress triggers--that even I completed. I really cannot say enough great things about this book and I encourage all bipolar patients to read it!

I don't know of any other book on the subject of Bipolar Disorder that is as state-of-the-art, comprehensive and accessible (i.e. readable) as "Break the Bipolar Cycle." What is most striking about this book is how useful and practical it is for everyone involved in the process of living with and/or treating Bipolar Disorder (and perhaps mental illness in general). As someone who is very familiar with Bipolar Disorder, I am impressed with Brondolo and Amador's ability to reach and inform not only the person suffering with the disorder, but his/her family and treatment team as well. Interspersed throughout the book are illuminating clinical examples which make for an interesting and relatable read. Most of all, the book offers a practical and hopeful picture of what it is like to live with this illness and how to take control and make the best life possible for yourself, your loved-ones and your clients. Thank you Drs. Brondolo and Amador for this very important work and for dedicating your lives to helping those in need. "Break the Bipolar Cycle" is a must read for anyone who has been affected by Bipolar Spectrum Disorders.

I found this to be one of the best written, clear, and practical books for the lay person on mental health that I have read in a long time. I learned a lot about bipolar disorder even though I am in the mental health field. People who suspect they may be bipolar spectrum even if not frankly bipolar should read this book and get their families to read it too.

After a lifetime of depression and suicidal ideation, on meds since 1994, and a diagnosis of major depression in 2001, I was recently diagnosed with Bipolar Disorder I, Mixed episode, unspecified. Every resource I had found just regurgitated the list of symptoms from the DSMVI-TR, which wasn't any help in understanding why the doctor came up with this diagnosis. This book very quickly and succinctly gave real-life examples of things such as racing thoughts, hallucinations, pressured speech, obsessive thoughts, etc. I thought I understood what all of these were, but I had no idea how they could manifest themselves in real life. It was only after reading this book that I have begun to accept the diagnosis I was given, and can see for myself what symptoms I have been having for years without even knowing it! I recommend this book to anyone who wants something that goes beyond the clinical basics, who wants to know what it's really like to experience these symptoms and how to manage them.

the way this book is written is a bit different than others that i've found. i ended up buying this book because i was writing too much in my notebook. now i can highlight it and mark up the pages. the other books i would recommend are 'loving someone with bp disorder', 'bp for dummies' and 'living with bp disorder'. i was diagnosed with bp disorder last year - my sister and i. if you are looking into this because you have it or someone you know has it know that you are not alone and this illness SUCKS...but, there is hope. get a GOOD psychiatrist and therapist and learn what these books say. that's the best thing to do. i've cried many times thinking about all the others that are out there going through exactly what i'm going through.

In my opinion the authors of this book do an excellent job presenting the latest thoughts behind the symptom complex of bipolar spectrum disorder. I can identify with the symptoms and the explanations helped me understand my illness better. Some of the concepts may be a little technical for someone who is experiencing symptoms like concentration problems or does not have a high school education. Although in general it is easy to read and the exercises are excellent. One draw back is after reading the book, it can be frustrating to interact with health care professionals who do not know this information and are still relying on old thoughts about the disorder. An informed patient can be misunderstood easily.

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