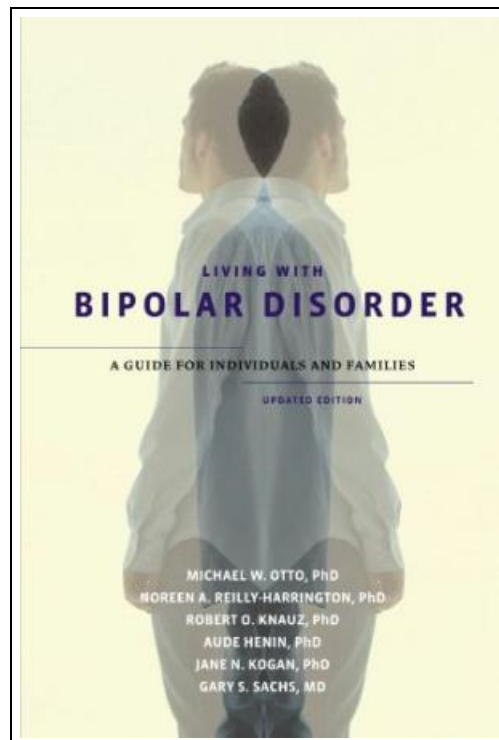


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LIVING WITH BIPOLAR DISORDER: A GUIDE FOR INDIVIDUALS AND FAMILIES (UPDATED ED)

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Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW, Living with Bipolar Disorder: A Guide for Individuals and Families (Updated ed), Michael W. Otto, Noreen A. Reilly-Harrington, Robert O. Knauz, Aude Henin, Jane N. Kogan, Drawing on research documenting the strength of combining drug treatments with behavioral interventions for fighting bipolar disorder, Living with Bipolar Disorder takes a skill-based approach to managing the ups and downs commonly experienced with the disorder. With this book, readers can learn how to better recognize mood shifts before they happen, minimize their impact, and move on with their lives. Written by the authors of Managing Bipolar Disorder: A Cognitive Behavioral Treatment Program, this helpful guide teaches individuals with bipolar disorder how to take charge of their illness and get the most out of professional treatment. The authors stress the importance of an active partnership in treatment, while providing information and strategies to help patients and their families enhance their independence and their management of bipolar disorder. In addition to the strategies directed to individuals suffering from bipolar disorder, this book also provides information and instructions for friends and family members so they'll have the tools to help their loved ones. Family members will learn how to recognize potential problems, provide encouragement, practice new coping skills, and understand what the patient is going through. The book also provides worksheets and forms to help the patient reinforce skills and practices learned in therapy. It includes information about the details of living with bipolar disorder, gives advice on the best ways to avoid relapses, and teaches how to anticipate problems. Here then is a wealth of information on bipolar disorder partnered with effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life.

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