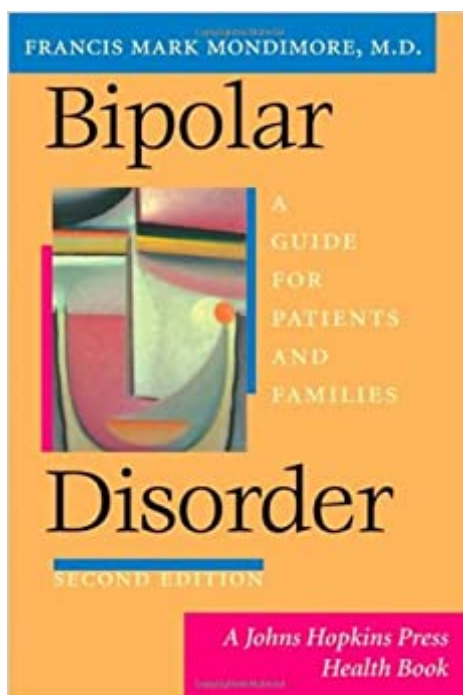


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# Bipolar Disorder: A Guide For Patients And Families (2nd Edition)



## Synopsis

Bipolar disorder can be devastating. It can disrupt relationships and careers, it can wreak havoc on family life, and, when not properly treated, it can be fatal. Since 1999 this compassionate and comprehensive guide has helped tens of thousands of people cope with this complex disease. This, the second edition of *Bipolar Disorder*, is thoroughly updated and discusses promising new options for diagnosis and treatment along with new information on the disease's genetic components. Bipolar disorder is difficult to diagnose. Dr. Mondimore explains how symptoms fluctuate in persons with seasonal affective disorder, how they can lead to a mistaken diagnosis of attention deficit-hyperactivity disorder in children, and how they may be made worse by alcohol or drug addiction. The disease can also be difficult to treat. Dr. Mondimore gives advice about how to pick a psychiatrist and cope with the stigma of psychiatric diagnosis. He provides extensive information on treatment options, including the advantages, disadvantages, and side effects of various drug therapies. He also describes what it is like to live with bipolar disorder and discusses how lifestyle changes can improve quality of life. Throughout, he focuses on the importance of building a support system, planning for emergencies, and giving yourself permission to seek help.

## Book Information

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## Customer Reviews

paper 0-8018-6118-7 An exhaustive, scientific, yet compassionate assist for sufferers of "the chameleon of psychiatric disorders" and their families. Psychiatrist Mondimore (Univ. of North Carolina, Chapel Hill) looks first at the symptoms and diagnosis of bipolar disorder, or manic-depression: the disease wears many masks that can make diagnosis difficult. Mondimore

concedes that at present psychiatrists are generally working with the same diagnostic tools that were used in the 19th century: their eyes and ears. He goes on to discuss treatment. Medications are first and foremost primarily mood stabilizers, antidepressants, and antipsychotics. He follows with a thoughtful considerations of electroconvulsive therapy, counseling, and psychotherapy. Mondimore is especially clear on medication side effects (and how to avoid them), how various treatments have been used and misused, and what a reasonable standard should be. In part three, Mondimore considers how bipolar disorder affects children, adolescents, and women; and how it is affected by alcoholism and drug abuse, seasonal affective disorder and chronobiology, genetics, and other medical conditions such as stroke and hormonal problems. In part four, Mondimore offers real, detailed help for living with the disease. The key is to recognize that bipolar disease is relentless and that the way to keep it at bay is for the patient to be relentless, to about getting needed treatment and sticking to it". Illustrative case studies here make it clear this can be done, but it isn't easy. An absolute gold mine, then, for those with the disorder and their families: thorough, candid, and up-to-date advice, full of new possibilities for help. -- Copyright ©1999, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Exhaustive, scientific, yet compassionate... An absolute gold mine for those with the disorder and their families: thorough, candid, and up-to-date advice, full of new possibilities for help. (Kirkus Reviews) I highly recommend it for patients and their family members and friends as an enlightened, pragmatic, and empathic resource for this very complex and challenging illness. (Journal of Clinical Psychiatry) This is an excellent book for patients with bipolar illness. I recommend the first edition frequently and will do so now with the second. It gives patients and their families enough information without being overwhelming and overly technical. The tone is practical but compassionate toward patients and family members suffering through this difficult illness. Good resource sections provide more extensive reading and online data. I would highly recommend this book. (Doody's Review Service) A concise guide to bipolar disorders. Written in a nontechnical jargon, this guide is ideal for patients and their families who wish to gain an understanding of bipolar disorders... Offers advice on how to live with the disorder, and how not to become its victim. (Large Print Reviews) An excellent guide to both counseling and drug options. (Library Bookwatch) The marvel of this book is its ability to present information in a detailed, understandable manner, while avoiding pitfalls of being overly weighted in professional jargon, or skimpy in specific neurological and behavioral detail. (Journal of Psychosomatic Research) 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. (Kay Redfield Jamison, Ph.D., Johns Hopkins School of Medicine and author of *An Unquiet Mind*)

Amazing book; it provides tremendous insight while remaining concise, clear, and empathetic. He quite obviously has a tremendous amount of experience with and knowledge of the disease. This book has reframed my understanding of BP, providing me with a real sense of relief in finding out how common my symptoms are (I sometimes tend to think nobody knows what it feels like in my more difficult times). Cliche alert: this book has proved to me that knowledge is power (at least for me in dealing with BP).

This is a very good book for those who have the disorder and those who have a family member with it. It is especially helpful in explaining why most Bipolar people eventually want to stop taking their medications. And why they **MUST** not stop. There are dire consequences because the person loses all judgement. The book is comprehensive but a very easy read. Wouldn't hurt to read it twice. I did and picked up more than through the first read.

I have personally been struggling with bipolar disorder in my life for over 25 years. I could not understand why this kept happening to me, especially since it always happened to me when I was at my best in health, mind, and spirit. It has been very disruptive to my family and professional life. My problem was that I didn't understand the bipolar disorder condition, and therefore never believed in my diagnosis or the prescribed medication. After my recent bipolar episode, my brother, who is a physician in England, strongly recommended I read the book "Bipolar Disorder: A Guide for Patients and Families". Stubborn as I was, it took me nine months before I finally secured a copy of the book from .com and began to read it. As soon as I started reading it, I realized the immense wealth of incredibly useful knowledge that was in the book, and that it was a key to understanding myself and my condition. The book helped me thoroughly understand the bipolar disorder condition, and convinced me of my diagnosis without a doubt. It helped me understand the medical and genetic chemistry behind the disorder. The detailed discussions of the Manic and Depressive states were very helpful to me, as I could relate to them with my own experiences in vivid detail. The numerous case studies presented in the book are also extremely useful to relate to one's own experiences. The detailed information on the various classes and types of medications was very useful to me in understanding the breadth and width of available treatments. Finally, the comprehensive advice on

maintenance and prevention was invaluable. After having read the book, I feel inspired and have renewed hope that I can finally manage my bipolar disorder and bring long-term stability to my life. My family deserves it! My profession demands it! Kudos to Francis Mark Mondimore M.D. for this excellent book.

This book is a must read for anyone affected by Bipolar Disorder - not only the individual, but also family, significant others and even friends! It is written in easy to read, informative language with instructions for which sections to skip if you're not interested in particular things -- such as medications. I found it very helpful, comprehensive, enlightening and a generally painless read for a technical book. It is also a book I will refer to in the future when questions arise. Definitely recommend.

Having my teenager in the hospital for 2 1/2 weeks was the most frightened and helpless I have ever felt. During that time the tests, evaluations and doctors meetings came back with more questions and unknowns. They lobbed the phrase "Bipolar Disorder" at us several times. They mine as well have been speaking Sawtelle for all the since their explanations made. We were given this book. It not only made since but it speaks plainly in a way that took the sting and horror out of those two words.

I think this book has helped me out with understanding more about the disorder. This is a great book to read which explains a lot of things such as the symptoms, the treatments, how bipolar has history with doctors and how today they still are wondering about the disorder. Its so much good stuff in there and i recommend this book to anyone searching for ALL answers about bipolar.

For anyone dealing with bipolar, whether personally as the one with the illness or the one who lives with one who has it, this book has information for the lay person to those who are professionals. Any time you find a resource on this topic you hold a valuable tool for understanding and coping. I recommend this book with complete confidence in its value.

This is an in-depth and thorough explanation of all types of bipolar disorder, it's history, symptoms, treatment and management. Although it gets very technical in medical terminology it is necessary for a complete understanding of the disease. This should be a "must-read" for anyone diagnosed with bipolar as well as family and friends in supportive roles.

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