



# Bipolar Disorder For Dummies

By Candida Fink, Joe Kraynak

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**Bipolar Disorder For Dummies** By Candida Fink, Joe Kraynak

## Take control of bipolar disorder

When you or a loved one is diagnosed with bipolar disorder, it can be a time of fear and worry. *Bipolar Bipolar Disorder For Dummies*, 3rd Edition is a reassuring guide that sorts out the differences between bipolar I, bipolar II, and cyclothymic disorder; explains the biology behind the illness; and covers the latest medications, therapies, and self-help techniques to ease and eliminate symptoms, function in times of crisis, and plan ahead for manic or depressive episodes.

This latest edition includes coverage of the *DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition)* classifications and specifiers for bipolar disorder, updated content on genetics, biochemistry, and imaging studies relevant to bipolar; expanded coverage on how to handle the high costs of treatment; guidance for supporting a loved one (who may not want help); and expert insight into medications and treatment options, including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and deep brain stimulation (DBS); along with new coverage on special populations (differences in diagnosing and treating bipolar disorder in women, seniors, expectant moms, ethnic populations, and other groups).

Bipolar disorder, which has also been called manic-depression, is a brain disorder that causes unusual mood swings and shifting energy levels. The symptoms of bipolar disorder can, if not understood and properly treated, disrupt relationships, families, and careers. The good news is that bipolar disorder responds very well to the right medication, therapy, and self-help strategies and skills. When bipolar disorder makes you feel as though you're losing control, reach for *Bipolar Disorder For Dummies*--the book that puts you back in the driver's seat.

- Recognize the warning signs of mania and depression
- Tell the difference between bipolar I, bipolar II, and related conditions
- Discover which medications are best for treating both poles of bipolar disorder--depression and mania--and for treating related conditions, including anxiety
- Find practical strategies for dealing with medication side effects
- Develop communication, problem-solving, and conflict-management skills for preventing and dealing with the interpersonal conflict that often accompanies bipolar disorder

- Find out what you can do to help a loved one with bipolar disorder

*Bipolar Disorder For Dummies, 3rd Edition* offers straightforward, reassuring information about bipolar disorder to help you or your loved one conquer the illness.

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### Editorial Review

#### From the Author

When we sat down to discuss our approach for *Bipolar Disorder For Dummies*, we considered the audience for the book and decided to address both those who have been diagnosed with bipolar disorder and their friends and family members. One of the most challenging aspects of bipolar disorder is that although only one person might carry the diagnosis, friends and family members are all affected by it in some way and all play an important role in reducing stress and assisting the person who has bipolar obtain and maintain treatment.

Both of us (Candida in her practice and Joe in his family) noticed that family members, simply by being uninformed, can unwittingly increase the stress that often triggers a mood episode. This is not to say that loved ones cause bipolar disorder, but research shows that a strong support network improves the treatment outcome. We wanted to ensure that friends and family members are well aware of their roles and responsibilities. By becoming better informed, through our book and other sources of accurate information, family and friends can learn more effective techniques for communicating with one another and building a more effective support network.

*Bipolar Disorder For Dummies* is a comprehensive how-to manual that discusses the diagnosis and the most effective treatment options currently available. We believe that medication alone is very helpful but often not completely effective, for whatever reason, and we recommend several therapies in addition to medication, including cognitive behavioral therapy, social rhythm therapy, and relationship and family therapy. We also discuss alternative therapies, some of which are complete bunk and others of which some people with bipolar disorder have found helpful. By presenting the available tools and helping readers steer clear of useless or counterproductive alternatives, we hope to enable those with bipolar disorder and their families, along with the guidance of their qualified doctors and therapists, to structure a treatment plan that works most effectively for all involved.

#### From the Back Cover

#### **Learn to:**

- Recognize warning signs of mania and depression
- Find the latest treatment options
- Help a loved one with bipolar disorder
- Deal effectively with depression, anxiety, and related conditions

#### **A clear and insightful guide to successfully managing bipolar disorder**

Are you or a loved one dealing with the struggles of bipolar disorder? This complex illness is recognized as the fifth leading cause of disability worldwide and presents unique challenges throughout the recovery process. Fortunately, medication, therapy, and self-help strategies have proven very effective in stabilizing and maintaining moods. This newest edition of *Bipolar Disorder For Dummies* is a reassuring and practical guide to recovery.

- **Know the poles** – discover the diagnostic criteria for mania and depression and the various forms of bipolar disorder

- **Tame the beast** – discover the importance of confirming the diagnosis with a complete psychiatric evaluation and formulating a comprehensive treatment plan
- **Damange control** – get guidance on how to deal with the physical, emotional, and financial fallout that commonly accompanies a major mood episode and long-term struggles with bipolar disorder
- **Self-help strategies** – develop techniques to identify the early signs of oncoming mood episodes and stop them in their tracks

### Open the book and find:

- DSM-5 diagnostic criteria for bipolar disorder I and II and related conditions
- How to handle the high cost of treatment
- Advice on vitamins and other supplements that may help with mood management
- Psychotherapies and self-help strategies
- Do's and don'ts for helping a loved one with bipolar disorder
- Information on the diagnosis and treatment of children and adolescents

### About the Author

**Candida Fink, MD** is a Board Certified Adult, Child, and Adolescent Psychiatrist in private practice in the New York area. Dr. Fink graduated from Boston University Medical School and did her postgraduate training through Harvard Medical School. She has worked extensively with children and adults with complicated psychiatric illnesses. Mood disorders, including the diagnostic and treatment questions surrounding bipolar disorder in children, comprise much of her current practice. She also consults frequently with schools and other institutions regarding developmental and psychiatric issues. Dr. Fink grew up with mood disorders in her family, so she has seen them from every angle and knows the importance of mobilizing the family as a part of any successful treatment. She previously coauthored the first and second editions of *Bipolar Disorder For Dummies* and, with Judith Lederman, *The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents* (Fireside). She frequently writes and speaks on bipolar disorder in children. For more about Dr. Fink, visit [finkshrink.com](http://finkshrink.com).

**Joe Kraynak** is a professional writer who has a family member living with bipolar disorder (bipolar I). He is a member of the National Alliance on Mental Illness (NAMI) and volunteers as a facilitator for NAMI's Family Support group and for its free 12-week Family-to-Family course, which provides participants with the understanding and skills they need to support a loved one who's living with a serious mental illness, such as bipolar disorder.

### Users Review

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##### **Amy Hewitt:**

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a e-book. Beside you can solve your trouble; you can add your knowledge by the reserve entitled *Bipolar Disorder For Dummies*. Try to face the book *Bipolar Disorder For Dummies* as your buddy. It means that it can to get your friend when you experience alone and beside regarding course make you smarter than ever before. Yeah, it is very fortuned to suit your needs. The book makes you much more confidence because you can know almost everything by the book. So , let's make new experience in addition to knowledge with this book.

**Molly Edwards:**

Book is to be different for each and every grade. Book for children until eventually adult are different content. As we know that book is very important for all of us. The book Bipolar Disorder For Dummies had been making you to know about other understanding and of course you can take more information. It is extremely advantages for you. The publication Bipolar Disorder For Dummies is not only giving you much more new information but also to become your friend when you feel bored. You can spend your spend time to read your book. Try to make relationship with the book Bipolar Disorder For Dummies. You never sense lose out for everything should you read some books.

**Donnie Ned:**

In this time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The book that recommended for you is Bipolar Disorder For Dummies this book consist a lot of the information from the condition of this world now. This particular book was represented just how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The writer made some investigation when he makes this book. That's why this book appropriate all of you.

**Karen Morris:**

Is it a person who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Bipolar Disorder For Dummies can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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