

Living With Bipolar

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LIVING WITH BIPOLAR

A practical guide
for those with
the disorder, their
family and friends

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Approximately half the people seeking help with depression are diagnosed with a form of bipolar disorder and it affects about one in 100 people in the UK. Formerly known as manic depression, its mood swings can be extraordinarily disturbing for both the sufferer and for those around them. Written by two leading psychiatrists and two clinical psychologists, Living with Bipolar explains that this challenging illness can be managed. While there is no cure, it's possible for people with bipolar disorder to live well. This accessible guide explains the characteristics of the two main forms, Bipolar I and Bipolar II; their causes and triggers; both medical and psychological treatment options - including CBT thinking strategies - and ways of preventing relapses. Drawing on the experience of patients, Living with Bipolar also offers clear guidelines for readers to develop successful personal strategies for identifying and coping with symptoms and emphasises the importance of living a healthy lifestyle.

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