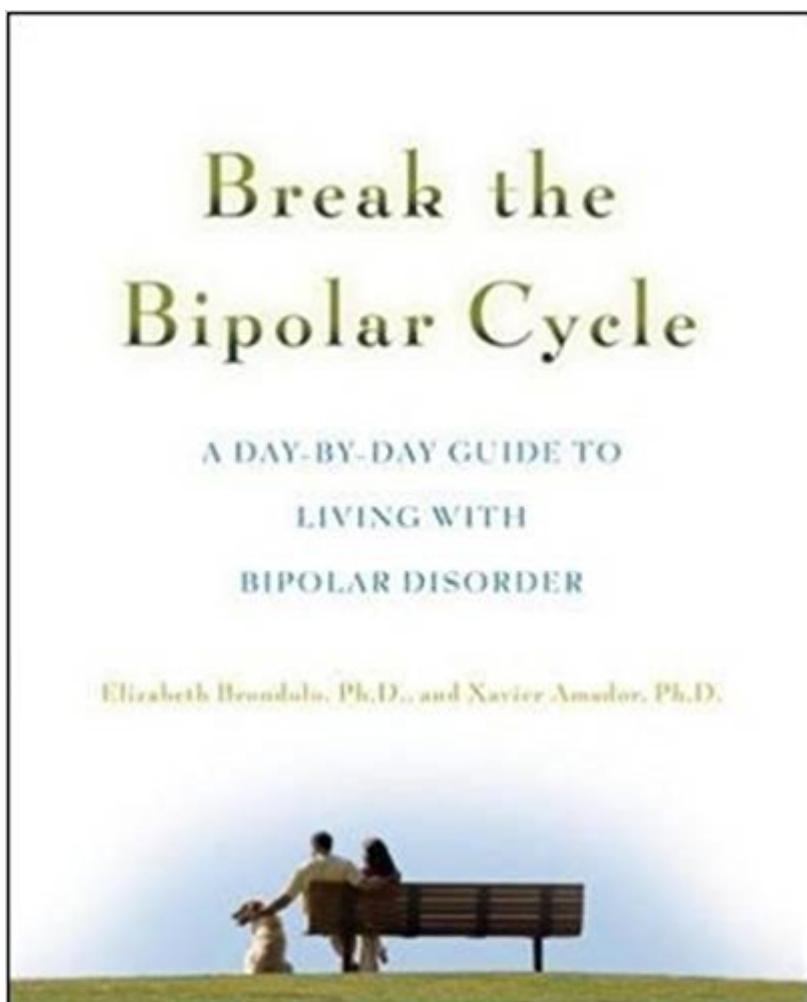


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# Break The Bipolar Cycle: A Day-by-Day Guide To Living With Bipolar Disorder



## 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.

## Book Information

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## Customer Reviews

Elizabeth Brondolo, Ph.D., is a clinical psychologist specializing in bipolar disorders. She has been practicing in New York City for more than fifteen years. She is a nationally known researcher in stress and health and a professor at St. John's University. Xavier Amador, Ph.D., is a clinical psychologist who was on the faculty at Columbia University Medical School for fifteen years. He is a nationally known researcher on bipolar disorder and schizophrenia, the author of *I Am Not Sick, I Don't Need Help*, and past director of research at the National Alliance on Mental Illness.

This is a workbook that has charts for you to fill out. It explains, among other things, how to effectively deal with mood dysregulation, anxiety, and deficits in motivation, working memory, and declarative memory. Table of Contents: Preface, vii Acknowledgements, xv Part One: The Big Questions 1) How do I know that I have a bipolar spectrum disorder: Understanding the diagnosis, 3.2) Is it really BSD?: Common diagnostic dilemmas, 27.3) If I'm taking my medication, why do I feel bad again?: The importance of ongoing assessment of symptoms, 39.4) What exactly is going on?: Some background on the neurobiology of bipolar disorder, 59.5) Do I have to take my meds?: The role of medications in managing BSD, 77. Part Two: Problems and Solutions: 6) I just don't feel like it: The effects of BSD on motivation, 115.7) I just want things to go back to the way they were: The effects of BSD on your motivation to recover, 129.8) I don't know where to begin: Setting goals with BSD, 137.9) My mood affects everything I do: How mood regulation affects your functioning, 153.10) I thought I was smart, but I just can't perform: The role of information-processing problems, 171.11) Just when I felt OK, I got sick again: The dangers of relapse, 193. Conclusion (What's next?), 209. Exercises, 219. Resources, 247. Selected References, 249. Index, 271.

Best Bipolar book hands down!! So informative and yet gives you practical day to day tools to help with stress management. I have had a difficult time getting the correct diagnosis for my symptoms; One Dr. says Borderline, and the other says Bipolar II. After reading this, I saw myself and all my difficulties in throughout the pages of this book!!! It goes into the "deeper" issues of the illness rather than just outward symptoms that you will read in just the DSM qualifications, like the way your brain processes information, memory, and cognitive difficulties... all leading to the fact that Bipolar leaves one with a deficit in one's ability to handle/deal with stress. Must read!!

This book is an excellent resource for someone who lives with bipolar disorder. The problems and solutions presented in this book would be helpful to any person that has bipolar disorder. There is a chapter strictly written to discuss how one can set goals. Explanations are given in detail as to why even with medication a person with this illness may still have off-days in which they struggle. There is even a chapter explaining how lack of motivation can occur and what one can do about it when it does occur. It would be comforting for someone with this illness to truly understand that mood swings, irritability, and lack of motivation doesn't make one less than anyone else and it doesn't mean that the suffering person is ignorant or weak. This book is a great tool to refer to when things are going well and when things are not going so well. A person with bipolar disorder could refer to

this book time and time again. I bought a used copy of Break the Cycle for a bargain price. Break the Bipolar Cycle arrived in great condition for a used book. The book only took six days to reach my door step after the order had been placed.

Reading the very detailed information I gained so much insight to dealing with my daughter who has been bipolar for 15+ years and diagnosed just recently correctly. There are very different signs between severely depression and being bipolar. People can have for years and it only takes one big stressor to set it off to the point of suicide. the mental health system really sucks, getting help is difficult because if doctors are in denial telling a patient no not depression it is bipolar I have been giving you the wrong medications. This book should be read by all relatives dealing with their loved ones suffering and when ready the patients.

I highly recommend reading "Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder" by Elizabeth Brondolo. It is written for the person who has the diagnosis of Bipolar and for their support team to better understand the illness and the knowledge to work with the cycles in addition to taking medications and seeking professional help. Medication and professional help is necessary for those with mental illness but that shouldn't be the only arsenal of defense. This book helps those suffering from this awful illness to be an active participant in controlling their disease. Also, someone who has immediate family members suffering from bi-polar illness, it also helps me to be a part of their support team to aid in their challenge to live with Bipolar Disorder. I am always in search of more knowledge on this illness as it has helped me to understand better and to be supportive. My husband of 38 years lives daily with bipolar as well as I do along with him. We also have 2 boys diagnosed with bipolar at 14 yrs. old and believe that another son who died by suicide at age 22 had this disease as well and our youngest son that also is not diagnosed but has been showing signs since his teens as well. This and other books are so helpful to me and our family, it has helped immensely in keeping our family together through all of these years, knowledge is power. When my husband and I were younger and it was called Manic Depression, there was not much info out there and there to aid me to be able to better support him, I am so thankful that isn't the case now. For those with this disorder/illness and for those that love them, I would also recommend finding a support group for each of you, there are great ones out there.

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