



# Living with Bipolar Disorder: A Guide for Individuals and Families

*Michael Otto, Noreen Reilly-Harrington, Robert O. Knauz, Aude Henin, Jane N. Kogan, Gary S. Sachs*

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Living with bipolar disorder is a challenge, and this book is designed to help patients and their families develop the skills they need to be a good consumer of treatment and to become an expert partner in the management of bipolar disorder. Drawing on research documenting the strength of combining drug treatments with behavioral interventions for fighting bipolar disorder, this book takes a skill-based, family-and-friends approach to managing the ups and downs commonly experienced with the disorder. With *Living With Bipolar Disorder*, sufferers 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 book teaches individuals with bipolar disorder how to work together with their family and friends 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 take control of their illness. 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 along with effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life.

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