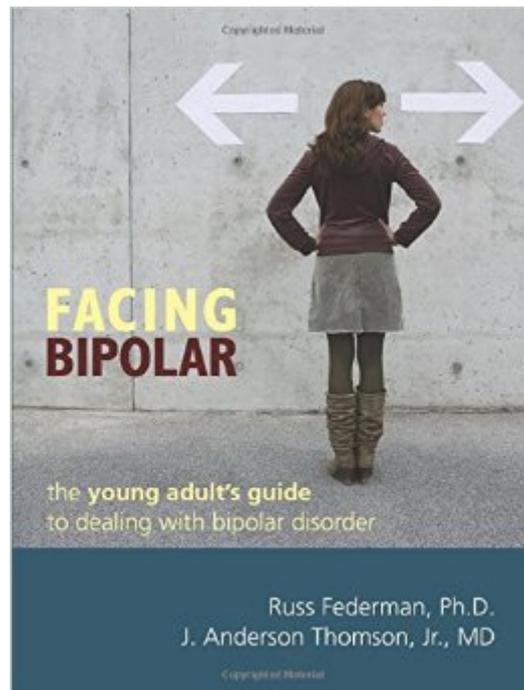


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# Facing Bipolar: The Young Adult's Guide To Dealing With Bipolar Disorder



## Synopsis

When you travel to a new city, it helps to have a map close at hand. On the first day of school, you need to have your schedule of classes. And if you've been diagnosed with bipolar disorder or suspect you may have it, then it's even more important to have a guidebook within reach. *Facing Bipolar* will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. It clearly explains what bipolar disorder is and provides sound guidance for developing the necessary coping skills to manage its impact on your life. In this book you'll discover:

- How therapy and medications can help
- When and how to tell your friends, roommates, and teachers
- The four key factors that will bring more stability to your life
- How to develop a support network and access college resources
- Ways to overcome the challenges in accepting this illness

## Book Information

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## Customer Reviews

Hands down, the best resource I've found for young adults dealing with bipolar disorder. I am 24 and was diagnosed with Bipolar Disorder a few years ago. While I have been through many of the initial shocks and have learned the hard way that I need to be on a schedule (many of the things *Facing Bipolar* addresses), this book provided me with a sense of relief I didn't have before. Before reading this book, I felt alone. I don't know anyone my age or even close to it that struggles with mental health to the same extent. I've read half a dozen books about being bipolar and this is the one that really hit home. *Facing Bipolar* is a much needed resource for young adults dealing with bipolar disorder for the first time.

The book did provide a lot of information about bipolar disorder and things you will experience while learning to cope with your diagnosis. With lots of helpful stories about people facing certain issues and struggles which were affected by the illness. That being said, the book was really depressing to read. It listed things you shouldn't do, things to be careful of, every horrible thought and feeling you would have after being diagnosed. It was a lot of, 'You will feel like you are different from everyone else, and you are. You need to accept that.' The book provided very little hope for things you can accomplish, and there were really no stories of anyone achieving great success after a lapse. Honestly the book made me feel like I am incapable of so many things. There are limitations to things I can accomplish, but the book just took it to the extreme and painted a bleak future void of successes made by others as if I'm not capable of it. In short, it was informative about only the down sides of being bipolar but offered no light at the end of the tunnel.

As a clinical psychologist who has for years treated college students in their teens and twenties, I've learned how much easier it is for them to accept, face, and cope with emotional challenges promptly. The longer they wait, the more difficult it can be to learn to cope, the more bad decisions they can make, and the more irreversible can be the effects of on their lives. For young people and their parents who are concerned about bipolar disorder, this book is the very first thing I recommend. It's detailed, practical, readable, informative, useful, and accurate. The authors clearly know what it's like for young people to face a serious diagnosis, and they answer questions and give clear and structured guidance with honesty, clarity, and encouragement. I must strongly disagree with the reviewer who labeled this book as discouraging. Here are some quotes from the book: "Are you crazy? No, but you may be bipolar." "Living with bipolar [is like] being carried down a river on a raft. The good news is that you have a set of oars on board. Whether your trip down the river is manageable or not depends on the direction and control that you bring to the experience." "You've surely heard those human-interest stories where someone experiences a life-altering event, and then after a period of adjustment they continue forward with amazing determination and fortitude. They make films, create new software, design homes, invent new technologies, teach, coach, build bridges, raise children, and contribute to society in many other important ways. Why not you? Why not now?" If you are concerned about bipolar disorder in yourself or a loved one, don't miss the chance to save someone's life. I may not like me saying this (the authors may not like it either) but in the unlikely event you don't like the book, just send it back for a refund and nothing lost.

In the weeks following our son's diagnosis as bipolar we spent many hours on the internet searching for resources, and we purchased a number of books. Of all the things that I have read, this book was the most practical and appropriate to hand to our son. When I read the introduction I felt like these authors actually knew my son and the challenges that he is facing with this new diagnosis. Thank you so much for taking your years of experience with college aged young people and sharing your wisdom with the rest of us.

As a college counseling center psychologist I found this book amazingly on target for someone with a new bipolar diagnosis. It tells honestly and frankly what is involved in addressing this disorder so a person can live a full and satisfying life. Living with bipolar is not easy or simple, and this book does not mislead with optimistic platitudes. At the same time the authors are encouraging and empathetic, and offer lots of practical advice for the client, friends, and family. I gave a copy to a personal friend's daughter as well as recommending it to students at our university. Our staff unanimously found the book to be a useful, compact review of the treatments and issues of bipolar disorder. Thanks for a volume both caring and competent.

As a psychologist who has worked in college and university counseling centers for over 20 years, I was delighted to find this wonderful resource for young adults with Bipolar Disorder and their friends, families, and loved ones. The authors offer an accessible and comprehensive guide based on the latest research and their many years of clinical experience. This book is destined to become a classic in the field.

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