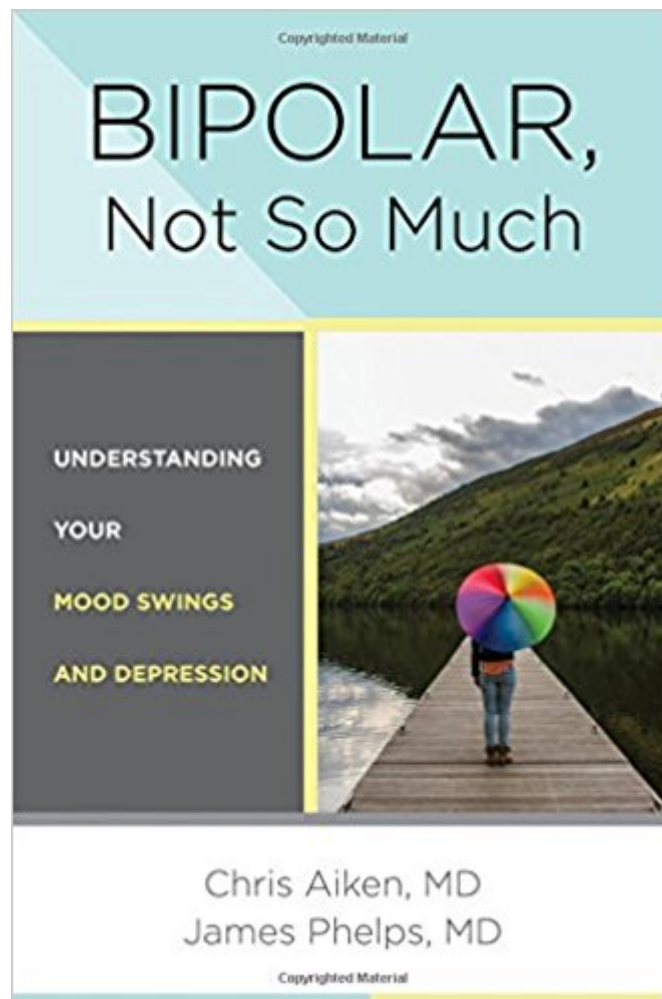


The book was found

# Bipolar, Not So Much: Understanding Your Mood Swings And Depression



## Synopsis

Approaching depression as a complex disorder with many different facets rather than all-or-nothing. Depression confuses the mind, strips away hope, and causes people to blame themselves for an illness they never asked for. This book presents a revolutionary new understanding of the concept of depression and offers readers skills and strategies to manage it. • No longer is this a one-size-fits-all diagnosis, and antidepressants are no longer the one-size-fits-all treatment. Mood disorders are now seen to form a spectrum of problems, from common depression on one end to full bipolar disorder on the other. In between these extremes are multitudes of people who are on the middle of the mood spectrum, and this book is for them. The first part of the book helps readers answer the question, "Where am I on the mood spectrum?" • By laying the foundation for understanding this spectrum, Aiken and Phelps highlight the key distinctions that define unipolarity, bipolarity, hypomania, mania, and depression. Readers will be able to discern which definition best fits their experience, and use this understanding to learn which treatment methods will work best. • The authors also empower readers to look beyond antidepressants. They walk readers through new medications for the mood spectrum, and offer a guide to non-medication treatments that anyone can use on their own, from diet and lifestyle changes to natural supplements. The book also discusses other innovative technologies that can aid in recovery, including dawn simulators, mood apps, and blue-light filters. • • • This thoughtful and beneficial book will offer readers skills and strategies, as well as hope, in the face of debilitating mental challenges.

## Book Information

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## Customer Reviews

â œThis work is filled with pragmatic, valuable information that helps readers figure out where they may be on the disorder spectrum, explains various symptoms of the disorder, provides handy self-diagnostic tests, and offers tips to assist readers in connecting with their physician. . . . A remarkable addition to the growing genre of mental health disorders and treatment that relates to the reality of how many patients with a mood disorder do not necessarily fit one end or another of the disorder spectrum.â • - Library Journalâ œPerfect book for the patient. Great information and many pearls, including how to help your doctor help you. I highly recommend it.â • - Robert M. Post, MD, Head, Bipolar Collaborative Network, Professor of Psychiatry, George Washington School of Medicine, former Chief of the NIMH's Biological Psychiatry Branchâ œDrs. Aiken and Phelps have provided a great yet easy-to-read book for those with depressive and other symptoms that have burdened them and their loved ones for too long. When antidepressants and therapy alone don't work,Â Bipolar, Not So MuchÂ offers insights into what may be the real diagnosis. This informative book gives important clues to better identify the different shades of depressive and bipolar disorders. From those clues, it guides people towards the steps they need to recover. It includes up-to-date reviews of medications, natural and lifestyle approaches, as well as useful tips for living more effectively with mood problems in relationships and at work.â • - Richard Weisler, MD, Adjunct Professor of Psychiatry, University of North Carolina at Chapel Hill, Adjunct Associate Professor of Psychiatry, Duke University Medical Centerâ œExplaining the concept of the mood disorder spectrum can be a formidable task for any psychiatric provider. Kudos to Drs. Aiken and Phelps for addressing this challenge by providing an easily accessible understanding of the mood disorder spectrum and its treatment, including how to live well with the diagnosis by offering lifestyle tips and numerous online resources. This will be my go to book for patients and their families!â • - Dana Hillyer, Psychiatric Mental Health Clinical Nurse Specialist, APRNâ œThis book is packed with information that will enable patients to understand their bipolar spectrum disorder, how to collaborate with their provider, and how to use important methods of self-management of their moods. My work is greatly enhanced when patients come armed with this knowledge. Families and patients will appreciate the informal tone of this book and the demystification of these concepts.â • - Robert Caldwell, MDâ œThis book is a must-read for all psychiatrists and therapists who work with those on the mood spectrum as well as their families. The authors are thought leaders who are able to translate their clinical experiences and the medical literature into language all can understand.â • - Tamas Kelly, MD, Associate Clinical Professor of Psychiatry, George Washington University, Washington DC

Chris Aiken, MD, is the director of the Mood Treatment Center in Winston-Salem, North Carolina and an instructor at the Wake Forest University School of Medicine. He is active in medical research and has published on the treatment and diagnosis of mood disorders. Dr. Aiken began his career as a research assistant at the National Institute of Mental Health and completed his medical training at Yale, Cornell and Duke University Medical Centers. James Phelps, MD, is director of the Mood Disorders program at Samaritan Mental Health in Corvallis, Oregon, which serves a five-hospital system. Prior to joining Samaritan Mental Health, Dr. Phelps held a private practice in Corvallis while writing an internationally known website, PsychEducation.org, and teaching across the U.S. He is recognized as a national expert on the topic of bipolar disorder, and has published more than 15 books and journal articles pertaining to mental health.

The most enlightening and readable book on mood disorders I have ever read. Drs. Aiken and Phelps take the complex topic of mood disorders, from depression to bipolar, and clearly explain them in terms of a broad spectrum. Through charts, characteristics, and clinical examples, a person can understand where they are on the scale. I was diagnosed with bipolar 30 years ago, when it was referred to as manic-depression. What little reading material was available on bipolar, and other mood disorders, was written by professionals, for professionals, in technical language. What I like about this book is the authors explain the difficulty of a black and white diagnosis in language everyone can understand. The book contains information on medications, treatments, traditional and cutting edge therapies, and most important, self-care. Aiken and Phelps emphasize that living with a mood disorder isn't simply a matter of diagnosis and medication. They delve into the significance of sleep, light, diet, exercise, and triggers that might indicate you are entering a serious episode. A chapter is devoted to relationships and work. Over the years, I had to learn by trial and error how to maneuver the stormy waters of bipolar I. The gift of this book is that it spells out thoroughly and compassionately, how persons dealing with mood disorders, can not only stay afloat, but also lead healthy and productive lives. *Bipolar, Not So Much*, is a treasure trove of information for mental health professionals, loved ones, and people like me, who deal with a mood disorder.

Helpful in providing anecdotal examples to help interpret personal symptoms and ways to work with them.

Resourceful and helpful.

perfect book

I am a mental health professional and this book is perfect to hand out to clients. The information is accurate and up to date. There are many check lists to help a client identify where they fall on the mood spectrum. There is information on medication as well as helpful ideas that do not involve medication. This book also helps the client learn how to help their doctor help them. This book provides an accessible guide to understanding the mood disorder spectrum and treatment. I highly recommend this book to anyone who is depressed or has a family member who is depressed but doesn't seem to fit a simple definition for depression.

interesting read

I checked this book out weeks ago from the library and I need to bring it back. It's incredible. My boyfriend of 7 years has Bipolar II and recently lost his father. He has been going through a really rough time and although I have learned so much over the years from just the internet and experience, in such a short time this book has helped so much. I successfully didn't escalate a conversation that I know would have sent him into an episode, of anger, pacing, possibly breaking things and intense irrational thinking that his a nightmare. I'm not a completely stable person myself, I have ADHD and a bunch of other medical problems that effect how I feel physically and emotionally, and currently am out of meds. So with this book I am able to see what is happening with his behavior and stop things before they escalate. It made me see things that i didn't realize were symptoms are and how to work with them. He's been in a mixed state most of the time since his father passed and it's been unbelievably tough, I feel that I can help him so much better now. It has even helped me with some ADHD issues since they have some similar behavior, but toned down with less extremes. So this isn't just for Bipolar. Anyone who has Bipolar, or has someone close to them with Bipolar or even a intense case of ADHD, this book is a must have. I'm buying one for myself and one for a friend who I know needs it.

I love this book. I've been struggling with depression since I was a teenager and it recently became more complex. I saw therapists and no one really nailed what was going on or how to fix it. Bipolar was tossed around but I "didn't quiet fit into the box". I researched books and this one CHANGED

MY LIFE! The examples, scenarios, explanations, and tone of the book helped me realize I didn't need a box and helped me make sense of me! Now, little things I do make sense as to why and I can connect dots. Further, the book gave me strength to talk to one of the doctors about the spectrum and we tried new things THAT WORK! All because this book gave me challenge and helped me see what things I could take control of (or simply understand) myself and what things really could benefit from medicine. It also helped me understand better as to why even though there is not one reason. I have an UNDERSTANDING and that means I have POWER over my own life.

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The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings  
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