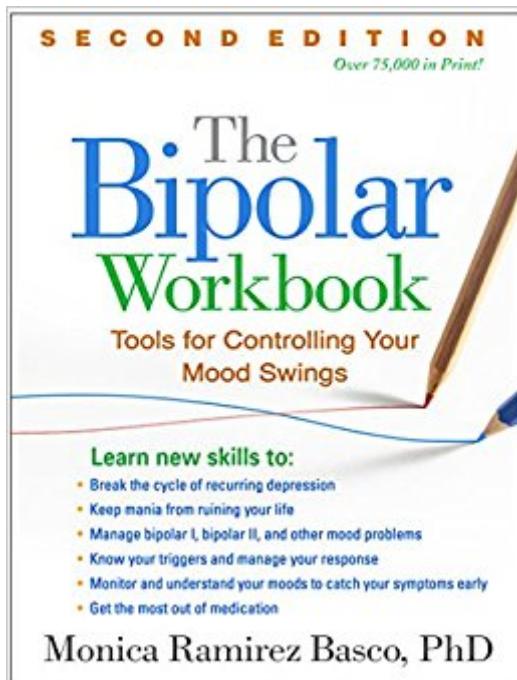


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# The Bipolar Workbook, Second Edition: Tools For Controlling Your Mood Swings



## **Synopsis**

Bipolar disorder is a lifelong challenge, but it doesn't have to rule your life. Join the many tens of thousands of readers who have used the science-based tools in this book to achieve greater balance and get the most out of treatment. Leading expert Dr. Monica Ramirez Basco helps you understand the nature of bipolar illness and recognize the early warning signs of mood swings. Step-by-step exercises (you can download and print additional copies of the forms as needed) give you greater insight into your own triggers, vulnerabilities, and strengths. Dr. Basco guides you to build the particular skills you need to withstand the seductive pull of manic episodes and escape the paralysis of depression. You'll also learn key strategies for managing stress, making healthy decisions, and solving problems. Vivid stories and examples illustrate how to put the techniques into action. Significantly revised, the second edition features a new structure, more succinct chapters, and streamlined exercises.

## **Book Information**

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## **Customer Reviews**

Just got diagnosed, this book is an EYE-OPENER! I am beginning to understand why I see myself the way I do!

I'm going to tell you the truth. My significant other, who is bipolar, was very excited when I ordered these books as he knew he was bipolar and that we needed something to get him over this hump and more into understanding. Well, he went through a manic period shortly after we received the

books and he unfortunately ignored them. Change for bipolar people is extremely fearfilled. If you are bipolar and reading this, I urge you to get these materials & face your fears. Let your family love you and read anything instghtful. Do not do what my Soul Mate did.

I was hoping for a book that would teach me something. This book did not teach me anything the NIMH taught me with their free packet online. I do have a degree in psychology though, so it could help people who've been recently diagnosed or who are really struggling. Four stars for its information being accurate.

A Great book to help a person that struggles with mood disorders. I had the previous edition but the newer edition is even better. The workbook is well worth the money. It is great to work thur the workbook with a family, friend or doctor. The workbook has helped me identify my characteristic when I am going into manic or depression. I am still learning what to do to stop going into manic or depression. I am only 1/2 way thur the book tho. The book is written in easy to read and understand terms. You can skip chapters that you feel you don't need. The worksheets to write on can be printed off a website if you don't want to use the ones in the book. Or if you go back and read the book later you can have clean new worksheets to use. The workbook is great for the friend and family member trying to understand about what their loved one is going thur with a mood disorder. Their loved one may not be ready to work thur the workbook but it does give insight for the friends and family member.

Very useful to use with therapist.

This book is essential you data and insi9inyo every aspect and step along the way for treating Bipolar. I would suggest anyone diagnosed bipolar get and read this book and then psst it on to loved ones to read.

Would anyone be able to tell me what the differences are between the first and the second edition of this book? Thanks so much!

Great workbook to use with clients. Easily understood, not too much jargon.

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The Bipolar Workbook, Second Edition: Tools for Controlling Your Mood Swings It's Not All in Your

Head: "Anxiety, Depression, Mood Swings, and MS BIPOLEAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)

How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) A Spectrum Approach to Mood Disorders: Not Fully Bipolar But Not Unipolar--Practical Management Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder 365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More

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