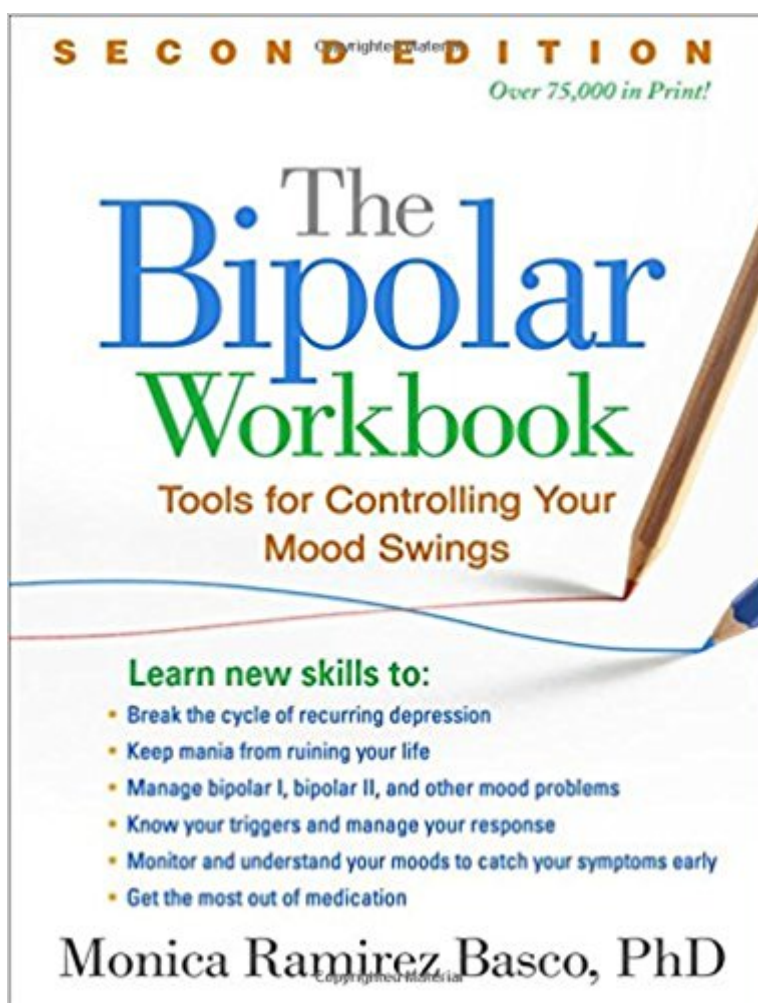


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The Bipolar Workbook, Second Edition: Tools For Controlling Your Mood Swings



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

"For those on the bipolar spectrum--as well as loved ones who want to understand and help--this book is empathic, respectful, empowering, and accessible. Dr. Basco's deep understanding of the illness is evident. The steps in this book can help you strengthen your commitment to treatment, practice essential coping skills, and achieve greater stability."--Cory F. Newman, PhD, ABPP, Center for Cognitive Therapy, Perelman School of Medicine, University of Pennsylvania "This workbook provides essential strategies for coping with mood swings and intense emotions. Dr.

Basco explains step by step how to manage the mix of depression and mania symptoms that typically goes along with bipolar disorder. A fantastic book and a "must read;"--Thilo Deckersbach, PhD, Department of Psychiatry, Massachusetts General Hospital and Harvard Medical School "Having suffered with bipolar disorder for years, I am grateful for Dr. Basco's well-organized, easy-to-understand guidance on how to live with this illness. The book contains numerous useful exercises that help you organize your thoughts in a logical way. It helps you understand your symptoms and moods and teaches realistic coping strategies so you can get your life back."--Erin B. "Dr. Basco once again hits it out of the park with this clear and concise workbook. This book can have a profound effect on improving the quality of life of anyone with bipolar illness."--Daniel J. Taylor, PhD, Department of Psychology, University of North Texas "A great book has gotten even better. The Workbook is an invaluable aid to managing bipolar disorder and achieving sustained wellness. I highly recommend this lucidly written book to people with bipolar illness and their families and friends."--Madhukar H. Trivedi, MD, Department of Psychiatry, University of Texas Southwestern Medical Center "Basco successfully guides patients through the course of the various stages of their illness at an easy-to-understand level. The workbook continues to give patients the awareness, understanding, and knowledge to take control and ownership of their illness. It also will serve as an excellent resource for clinicians, families, and friends. Every patient who has been diagnosed with bipolar disorder will find this a most beneficial resource. Notably, clinicians will enjoy sharing the exercises and tools with their patients as well. The author is a well-regarded member of the mental health field. This is a well-written and easy-to-read book that provides a solid foundation for patients to take control of their illness. The book promotes stability, medication compliance, managing emotions, and a proactive stance to help retain remission. It is a must-read for every person with bipolar disorder. ****! (Doody's Review Service 2015-11-09)"Extremely useful to patients and professionals....This is an excellent example of putting helpful, evidence-based tools and information in the hands of people...who are experiencing a baffling disorder."(on the first edition) (PyscCRITIQUES 2006-06-14)"A practical, bottom line tool....The structure and focus that counselors struggle to impart to persons with bipolar disorder is effectively presented in this client-friendly workbook....The best part, in my view as a therapist, is the overall tone of the book, which is positive, encouraging, and empowering." (on the first edition) (The Masters' Advocate 2007-03-01)"This workbook successfully guides patients through the course of their illness at an easy-to-understand level and is specific to various stages of the illness. It will help patients gain awareness, understanding, knowledge, and ownership of their illness....This is, undoubtedly, one of the best workbooks on bipolar disorder in a long time. It is

thorough, realistic, and should be given to all bipolar patients as part of their treatment plan. Highly recommended! 5 stars!" (on the first edition) (Doody's Review Service 2006-09-29)

Monica Ramirez Basco, PhD, a clinical psychologist, is Associate Director for Science Policy, Planning, and Analysis at the Office of Research on Women's Health at the National Institutes of Health. She served as Assistant Director for Neuroscience, Mental Health, and Broadening Participation at the White House Office of Science and Technology Policy from 2014 to 2015. Dr. Basco is an internationally recognized expert in cognitive-behavioral therapy and a founding fellow of the Academy of Cognitive Therapy. She was formerly on the faculty of the University of Texas at Arlington, where she was awarded the University of Texas Regents' Outstanding Teaching Award.

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 through 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 through the book though. 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 through with a mood disorder. Their loved one may not be ready to work through the workbook but it does give insight for the friends and family member.

you need to actually do the written activities to get the most benefit from it.

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.

There are some insights in this book that have really opened my eyes. While the material itself may not be completely earth shattering original information, I still find the delivery and packaging of the

information to be fairly unique, which helps it to resonate with me.

Informative, useful and well written

Really helpful book with great activities.

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 fear-filled. 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 insightful. Do not do what my Soul Mate did.

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

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Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others
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