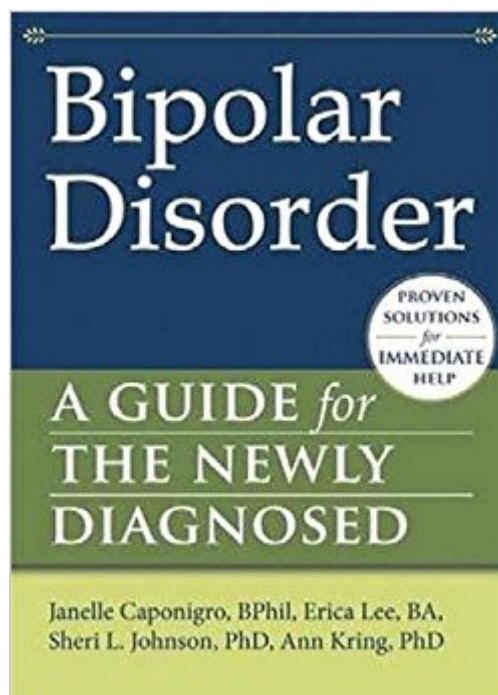




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# Bipolar Disorder: A Guide For The Newly Diagnosed (The New Harbinger Guides For The Newly Diagnosed Series)



## Synopsis

Bipolar disorder is not only one of the most difficult mental health issues to treat, but also one of the most stigmatized and misunderstood. For these reasons, a diagnosis of bipolar is a major turning point in a person's life. *Bipolar Disorder: A Guide for the Newly Diagnosed* helps readers process their diagnosis, decide who to tell, and discover the treatments and lifestyle changes that can help manage their symptoms. This book offers hope and support for the newly diagnosed without overwhelming them with extraneous information. The book covers workplace issues, how to become aware of bipolar triggers, how to find support, working with the treatment team, and dealing with the fear and stigma surrounding the diagnosis. Anyone who has been diagnosed with bipolar will appreciate having this easy-to-use reference at hand to help them understand more about the condition. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. This book is a part of New Harbinger Publications' Guides for the Newly Diagnosed series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit [www.newharbinger.com](http://www.newharbinger.com) for more books in this series.

## Book Information

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## Customer Reviews

“One of the most confusing—but ultimately liberating—steps for people with bipolar disorder is getting that initial diagnosis. Often frightening, upsetting, and filled with shame, you don’t know what to expect or what to do. *Bipolar Disorder: A Guide for the Newly Diagnosed* by Caponigro, Lee, Johnson, and Kring fills this gap. This highly readable and accessible guide provides you with basic information on how to recognize the important symptoms of bipolar disorder; the essential role of medication and which psychological treatments can be helpful; and how to cope with family, friends, work, and on-going self-care. I know that this book will be invaluable for those coping and living with bipolar disorder and will give much needed hope and guidance. I strongly recommend this guide for those new to their diagnosis. In many ways, coming to terms with the illness and acquiring effective coping skills are part of that first step toward getting better, and that first step may prove to be the most important one.” • Robert L. Leahy, PhD, author of *The Worry Cure* and *Beat the Blues Before They Beat You*

“This is a very readable and comprehensive book for someone adjusting to a diagnosis of bipolar disorder. The discussions of the social aspects of the process—for example, who to tell and what to say, or meeting with a therapist and building a treatment team—are particularly helpful. I highly recommend this book as a first step to fitting bipolar disorder into a full and satisfying life.” • Greg Murray, professor and head of psychology at the Swinburne University of Technology, Australia

“Bipolar disorder can be a debilitating illness that affects every aspect of life. Forewarned is forearmed, and this text provides invaluable information for people with bipolar disorder and the people who love them about what to expect from the illness and how to deal with it. The authors are among the most distinguished experts in the field. I strongly recommend this marvelous and totally accessible text.” • Steven Hollon, PhD, professor of psychology at Vanderbilt University

“This is a very well written, accessible guide for someone recently diagnosed with bipolar disorder, or their friends and family. The key message is one of hope. People with bipolar disorder can find ways to understand and manage their bipolar experiences in ways that allow them to lead full and satisfying lives. This book outlines the key steps to learning how to do this and covers both medication and psychosocial approaches. The book includes case examples to bring the key messages to life, and signposts the reader to many other useful resources for more detailed information. I think this book

would be useful for anyone looking for more information on how to best manage bipolar disorder.â •  
•#151;Fiona Lobban, PhD, DCLinPsy, senior lecturer in clinical psychology at the Spectrum Centre  
for Mental Health Research at Lancaster University, UK Â •#147;Too often, the field struggles with  
what appear to be competing demands for a scientific basis versus clinical acumen or presence in  
the moment with each client. This book brings together evidence, experience, and empathy in an  
all-too-rare amalgam. I do not have a better word for it than •#145;wisdom.â™ Combining proven  
interventions and recent developments, this book fills a distinct and important role. I recommend it  
most highly.â •#151;Eric Youngstrom, PhD, professor of psychology and psychiatry and acting  
director at the Center for Excellence in Research and Treatment of Bipolar Disorder at the  
University of North Carolina at Chapel Hill

Janelle M. Caponigro, MA, is a doctoral student in clinical science at the University of California,  
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trigger manic relapse and how these can be more effectively treated. She has published over 130  
articles and book chapters and has coauthored or coedited numerous books. Ann M. Kring, PhD, is  
professor of psychology at the University of California, Berkeley. She has taught graduate and  
undergraduate courses in severe mental illness since 1991. She has published over eighty articles  
and book chapters, as well as five books.

I could count on one hand the number of books I've read twice in my life. This is one of them.  
Straight forward and honest the author covers all aspects of being bipolar. The symptoms, the  
course of the disease. What mania is, what depression is. Useful resources for living day to day -  
mood journals, triggers when sliding into depression or mania, support networks. When to tell or not  
tell friends, coworkers, and bosses about your diagnosis. How to develop a plan for mood changes.  
Websites (not hers) that have proven useful.

This book is very helpful for those who are newly diagnosed. It helps answer some basic questions

and provides guidance for finding and dealing with your care team. It is easy to read and informative.

Very concise and practical.

GREAT book. It's my go-to for Bipolar disorder. I searched among many books and this has the best information succinctly placed in one book. A definite purchase.

Excellent and speedy delivery

It came in good condition!

It's a good book, but if you've got the basic down on bipolar you don't need it! I recommend Facing Bipolar.

Came as presented online. Great!!

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