

The Bipolar Disorder Survival Guide Third Edition What You And Your Family Need To Know By David J Miklowitz

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"Críticas ""This book is a true gift. As parents, watching our daughter's illness unfold was terrifying and heartbreaking. I only wish that Dr. Miklowitz's book had been available then to help guide us on this rollercoaster of a journey. It not only gives sufferers and their family members a better understanding of bipolar disorder, but also shows how to achieve stable moods and lead a full life."--Vicky G., Santa Monica, California "A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families. I could not recommend this book more highly."--Kay Redfield Jamison, PhD, author of An Unquiet Mind and Robert Lowell, Setting the River on Fire "I used to spend way too much time searching the Internet for tips on managing my bipolar disorder. Now, whenever I need ideas about how to feel better, I just pick up The Bipolar Disorder Survival Guide. It is an incredible resource that gives me tons of new and effective coping strategies to try. Reading it, you'll feel like an expert is taking the time to really talk to you--it's clear that Dr. Miklowitz cares."--Christine S., Houston, Texas "Dr. Miklowitz is an experienced therapist and skilled researcher whose decades of work with people with bipolar disorder shine through in this easy-to-follow book. If you or a loved one have bipolar disorder, I highly recommend this updated third edition."--Mary A. Fristad, PhD, ABPP, Department of Psychiatry and Behavioral Health, The Ohio State University Wexner Medical Center "The author's expertise, compassion, and experience are evident throughout...Well worth reading and remembering." (on the first edition)--NAMI Advocate "Recommended for patient education libraries and medium and large public libraries." (on the first edition)--Library Journal Reseña del editor Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools. Biografía del autor David J. Miklowitz, PhD, is Professor of Psychiatry at the University of California, Los Angeles (UCLA) Semel Institute, UCLA School of Medicine, and Senior Clinical Researcher in the Department of Psychiatry at the University of Oxford, United Kingdom. He directs the Child and Adolescent Mood Disorders Program at UCLA, where he supervises psychiatry and psychology trainees and conducts research on psychosocial interventions for children and adolescents with bipolar disorders. Dr. Miklowitz's numerous publications include the bestselling self-help resource The Bipolar Disorder Survival Guide, Third Edition, as well as acclaimed books for professionals, including Bipolar Disorder, Second Edition: A Family-Focused Treatment Approach and, with Michael J. Gitlin, Clinician's Guide to Bipolar Disorder. He has received Distinguished Investigator awards from the Brain and Behavior Research Foundation, the Depression and Bipolar Support Alliance, the International Society for Bipolar Disorders, and the Society for a Science of Clinical Psychology."

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