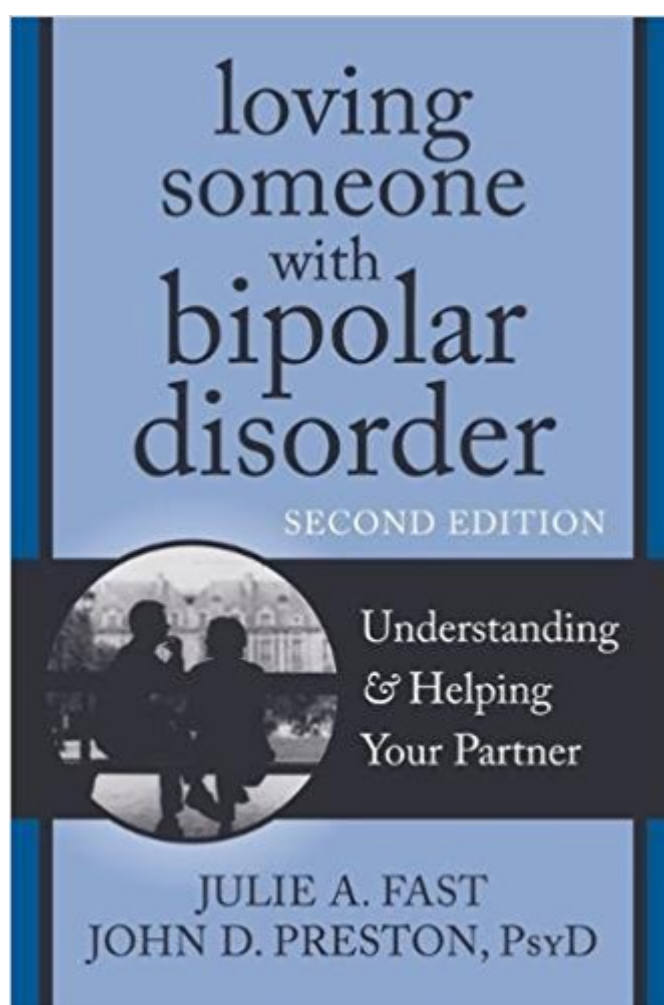


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# Loving Someone With Bipolar Disorder: Understanding And Helping Your Partner (The New Harbinger Loving Someone Series)



## Synopsis

Maintaining a relationship is hard enough without the added challenges of your partner's bipolar disorder symptoms. *Loving Someone with Bipolar Disorder* offers information and step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. This book explains the symptoms of your partner's disorder and offers strategies for preventing them and responding to these symptoms when they do occur. This updated edition includes a new section about the medications your partner may be taking so that you can understand the side effects and help monitor his or her bipolar treatment. As a supportive partner, you deserve support yourself. This book will help you create a more balanced, fulfilling relationship. Improve your relationship by learning how to:

- Identify your partner's symptom triggers so you can prevent episodes
- Improve communication by stopping irrational & bipolar conversations
- Handle your partner's emotional ups and downs
- Foster closeness and connection with your partner

## Book Information

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## Customer Reviews

"Resources for individuals with bipolar disorder are few and far between, but those for the people who care for them are even scarcer. Julie A. Fast and John D. Preston have put together a valuable resource for families and caregivers of people with bipolar disorder. Taking a holistic perspective,

these authors offer advice that will help readers help their loved ones with bipolar disorder. More importantly, this book encourages and helps readers to take good care of themselves and their relationships." — Sheri Van Dijk, MSW, RSW, psychotherapist and author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *The Bipolar Workbook for Teens*, and other books "I am truly impressed with this wonderful book. I will have it in my office and recommend it to patients and partners as a matter of course as they go through the journey with this illness." — Steven Juergens, MD "More than an education about bipolar disorder, this is a welcome to the journey, in the kindest language you will find in any such book. Open to any page and you will notice the tone and wisdom of people who've obviously been there. It's a challenge to maintain a relationship with someone who has this illness. You'd do well to have a guide, and you will not find any better than Julie A. Fast and John D. Preston. Nor will you find any clearer advice than that which the authors have laid out. Their book is remarkably emotionally intelligent and a privilege to read." — James Phelps, MD, mood disorders specialist at Samaritan Mental Health in Corvallis, OR, and author of *Why Am I Still Depressed?* "This book will help the loved ones of people living with bipolar disorder to better understand its challenges. It provides clear, concrete ways of giving the support needed to keep their loved ones healthy and get them through the rough spots." — Ruth White, PhD, MPH, MSW, associate professor of social work at Seattle University and author of *Bipolar 101* "Julie A. Fast and John D. Preston have put together an impressive second-edition guide for couples struggling with the reality of bipolar disorder. They strive to decouple the diagnosis from the individual living with it. This premise lays the groundwork for their discussion of compassionate, non-blaming communication combined with effective couples-based solutions for those striving to work through the interpersonal complexities of a relationship impacted by bipolar disorder. *Loving Someone with Bipolar Disorder* really is a must-read for anyone who does." — Russ Federman, PhD, ABPP, director of counseling and psychological services at the University of Virginia and author of *Facing Bipolar*

Julie A. Fast, freelance writer and Web master of [www.juliefast.com](http://www.juliefast.com), lives in the Pacific Northwest. She believes that with the right tools, bipolar disorder is a predictable and treatable illness. John D. Preston, PsyD, ABPP, is a licensed psychologist and author or coauthor of twenty books. He is professor emeritus of psychology at Alliant International University, and has also served on the faculty of the UC Davis School of Medicine. He has lectured widely in the United States and abroad. He is the recipient of the Mental Health Association's President's Award for

contributions to the mental health professions, and is a fellow of the American Psychological Association.

This is the only book that addresses what it is like from a person who is friends/family with a bipolar disorder. My best friend is bipolar and it has gotten worse each year. All of the other books I read discuss what happens when your friend/family member sees a therapist. I tried the self journal exercises and saw immediate results. After the exercises, I saw how I had given up my power and even hope of positive change. Even though my bipolar friend did not read the book or do the self journal exercises, somehow she knew and treated me better because, on that "bipolar wavelength," she knew I was not going to put up with her "irrational irritability" any longer. I think bipolar people have some kind of "psychic hotline" that tells them when you are onto them. I don't think that this can last, but I feel that I am doing my part.

Humbling and helpful perspectives on being in relationship with the symptoms of bipolar, either in oneself or with another. Recommend reading this book if you are dealing with bipolar yourself and desires to be self-aware about how bipolar symptoms may manifest when in relationship with others, or if you are in relationship with someone dealing with bipolar disorder to increase your understanding and use of practical concepts for building a healthy relationship.

This was more for those suffering with this condition. I was looking for help for family members dealing with someone with bipolar.

This is a really great book for both those just learning about the disease and for those looking for further help identifying problem behaviors. We actually found it worked best when we read through parts together. It is sometimes difficult to discuss the saddest parts of the disease, but that is to be expected.

Quality book and a pretty quick read. It is truly helping my loved ones understand the difficulties that I face as someone with bipolar.

encyclopedic, dry, and educational - not a book you'd share  
fast delivery - thank you !

This has many useful ideas for my partner and me- we found several quick, practical tips right from

the start, especially the "what works" list, and are still finding helpful advice with each re-reading. The examples are very relatable. This was recommended by someone else who thought it was a life-saver, and I am so glad that we found out about it.

Wife reading book and she likes it a lot.

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