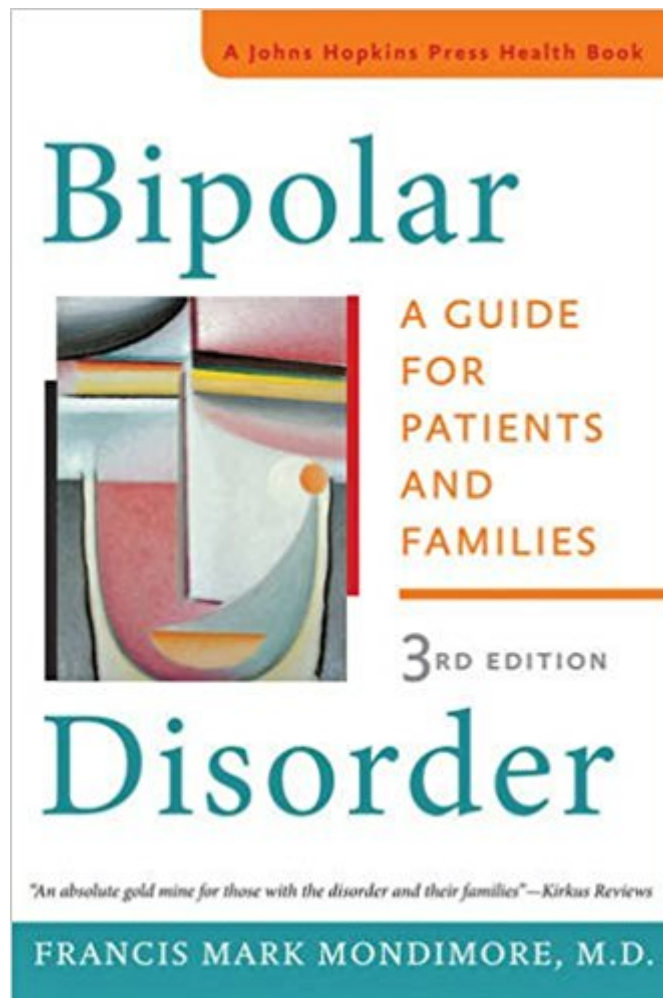




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Bipolar Disorder: A Guide For Patients And Families (A Johns Hopkins Press Health Book)



Synopsis

Compassionate and comprehensive, Dr. Francis Mondimore's pathbreaking guide has helped thousands of people and their loved ones cope with bipolar disorder. Now in its third edition, *Bipolar Disorder* has been thoroughly updated with new information about the causes of the disorder, tools for diagnosis, and advances in treatment. Dr. Mondimore surveys new medications for treating bipolar disorder, including asenapine, iloperidone, paliperidone, lurasidone, and oxcarbazepine, exploring the benefits and potential side effects of each. He also reviews the scientific studies that back up claims for recommended nutritional supplements, such as omega-3s and NAC, and tells you which ones to leave on the shelf. Dr. Mondimore discusses recent changes in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and reviews the exciting new findings of the largest multicenter evaluation of best-treatment practices for bipolar disorder ever carried out, the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD). He describes how these findings, gleaned from the treatment experiences of thousands of patients, will improve treatment decisions. With insight and sensitivity, Dr. Mondimore makes complex medical concepts easy to understand and describes what it is like for people to live with bipolar disorder. He recommends changes to daily routines and lifestyle that will improve the quality of life for patients and offers expert advice on planning for emergencies and identifying when and how to seek help. Throughout the book, Dr. Mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness.

Book Information

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Customer Reviews

"A 'must' for both health and general-interest collections, this organizes and presents information in a format professionals and lay readers can equally use." (Midwest Book Review)"In the author's eyes, the purpose is to save lives. His vivid approach with real-life examples provides a glimpse into the everyday struggles of people who live with bipolar disorder, as well as their families and friends." (Alyson Myers, MD Doody's Review Service)

"An excellent guide to a painful and difficult yet treatable illness. Dr. Mondimore's outstanding abilities as clinician and teacher are put to good use in this indispensable book." (Kay Redfield Jamison, Ph.D., Johns Hopkins School of Medicine, author of *An Unquiet Mind*)"I highly recommend it for patients and their family members and friends as an enlightened, pragmatic, and empathic resource for this very complex and challenging illness." (Journal of Clinical Psychiatry)"Exhaustive, scientific, yet compassionate... An absolute gold mine for those with the disorder and their families: thorough, candid, and up-to-date advice, full of new possibilities for help." (Kirkus Reviews)"This is an excellent book for patients with bipolar illness... It gives patients and their families enough information without being overwhelming and overly technical. The tone is practical but compassionate toward patients and family members suffering through this difficult illness. Good resource sections provide more extensive reading and online data. I would highly recommend this book." (Doody's Review Service)"The marvel of this book is its ability to present information in a detailed, understandable manner, while avoiding pitfalls of being overly weighted in professional jargon or skimpy in specific neurological and behavioral detail." (Journal of Psychosomatic Research)

This book has been a huge help as a friend of mine discovered that he has Bipolar Disorder. As a friend, I wanted to understand this disorder. This book is just amazing. Before I purchased it, I read about 10 samples from other books and they did not compare to this VERY DETAILED and HELPFUL BOOK. When I read this book, it was like I was asking questions about this disorder and a medical professional was answering the questions in great detail. **I enjoyed ALL of the chapters, for example in Chapter 1, this explains NORMAL MOOD to ABNORMAL MOOD. Then it gave a true case history of a patient with this mood disorder and the conversation she had with her doctor about treatments to help her regulate her moods to more normal moods -- there is help. Every chapter in

this book is complete and helpful. This is a very comprehensive book and I highly recommend this if you have Bipolar, think you might have it or want to help a friend or family member who has it. Since this book I find so helpful and meaningful, I give it a solid 5 stars.

Unfortunately, this book was a disappointment. Most of the book centers on treatments for Bipolar Disorder- but the diagnostic criteria and case examples are missing. So, you don't really get a sense of what the illness is, but you know what pills to take. That isn't what I was looking for at all.

Provides information, stories, and compassion for individuals with the disease and those who care for them. Well written by an expert in the field with one-on-one experience. Highly recommended for mental health professionals. May be somewhat triggering for patients themselves.

Goes way beyond the simple stuff that is out there. It's meaty and written with thought and precision. That is the Johns Hopkins way. They are so good!

This is the first book that gave me all I needed to know about bipolar disease! I highly recommend it!

Very useful information from beginning to end. No need to read anything else on this topic if you get this one. It's clearly written and easy to understand. There's plenty of scientific background, but you don't have to be a psychiatrist to understand it.

I found this book to be very informative. The only thing that was wrong or missing is information regarding the newer drugs for treatment other than that it was very helpful. It will hopefully make a difference in the way my psychiatrist will look at treatment plans for me as none have worked in the past. Very excited to show the findings in this book. Thank you.

I recommend it to people whether they are unipolar or bipolar, as well as all who love and care about them.

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