



Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals

By Mark Bauer, Evette Ludman, Devra E. Greenwald, Amy M. Kilbourne

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This is the first trade book to present the authors' research-proven method for helping people living with bipolar disorder gain control of their disorder. The Life Goals Program (LGP) was developed by two of the authors, Mark Bauer and Linda McBride, and has undergone two clinical trials, with more ongoing.

The LGP was designed to help the bipolar patient take charge of their disorder, rather than waiting passively for a health practitioner to stumble on the right treatment and tell the patient how to deal with the disorder. It includes a strong educational component, encouraging the person living with bipolar disorder to both learn about the disorder as well as explore their experiences with bipolar, including beliefs, first onset, triggers, cycles, feelings of stigma, effects of the disorder on social and spiritual aspects of life, and effective coping methods. Rather than creating a dichotomy where the person living with bipolar disorder is the passive patient and the health care provider (the author) is the expert, the LGP encourages the person living with bipolar disorder to become an expert on his or her disorder, and to take action in discovering what works and doesn't work in controlling the symptoms and coping with the effects of bipolar.

This workbook is arranged in modules, each one beginning with an educational component that explains the topic at hand and its relation to bipolar (for example, what happens physiologically when the person living with bipolar disorder becomes depressed, or how and why bipolar people often turn to street drugs and alcohol to cope). It then provides a step-by-step, accessible, thorough group of tools and/or exercises to help the reader explore the topic using their own experience.

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Editorial Review

Review

From the Publisher

In **Overcoming Bipolar Disorder**, a prestigious team of researchers and experts on bipolar disorder presents this research-based program for helping people with bipolar disorder manage symptoms, explore triggers and coping responses, and develop a comprehensive plan for living a full life based on core values and goals.

About the Author

Mark S. Bauer, MD, is professor of psychiatry at Harvard Medical School and director of the Harvard South Shore Psychiatry Residency Training Program. He received his bachelor's degree from the University of Chicago and his medical degree and psychiatry residency training from the University of Pennsylvania. He is an internationally recognized educator, researcher, and clinician, with particular expertise in bipolar disorder.

Amy M. Kilbourne, PhD, MPH, graduated from the University of California, Berkeley, with a double major in molecular biology and rhetoric. She has both a master's degree in public health with a concentration in epidemiology and a doctoral degree in health services from the University of California, Los Angeles. Kilbourne's research is focused on improving outcomes in individuals with mood disorders through integrated general medical and mental health care strategies, and translating effective treatment models for mood disorders into community-based settings.

Devra E. Greenwald, MPH, received her bachelor's degree from Vassar College and her master's degree in public health from Yale University. She conducts research in mental health at the Center for Health Equity Research and Promotion at the VA Pittsburgh Healthcare System.

Evette J. Ludman, PhD, received her bachelor's degree from Brown University and her doctorate from the University of Oregon. She is a clinical psychologist and researcher at Group Health Cooperative, where she motivates people to make positive life changes, from quitting smoking to overcoming depression.

Users Review

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Rodney Mitchell:

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Darrell Mayo:

Spent a free time and energy to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the e-book untitled Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals can be good book to read. May be it can be best activity to you.

Mark Morrow:

Exactly why? Because this Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret the idea inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking technique. So , still want to hold up having that book? If I ended up you I will go to the reserve store hurriedly.

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