

LOVING SOMEONE WITH BIPOLAR DISORDER SECOND EDITION

Understanding & Helping Your Partner

JULIE A. FAST & JOHN D. PRESTON, PSYD

The Series

People who suffer from mental illness rarely do so alone. Their families and loved ones face their own set of unique challenges and problems that deserve their own resources and sources of support. The *Loving Someone with* Series includes books written specifically for the partner of a person with a challenging mental health disorder.

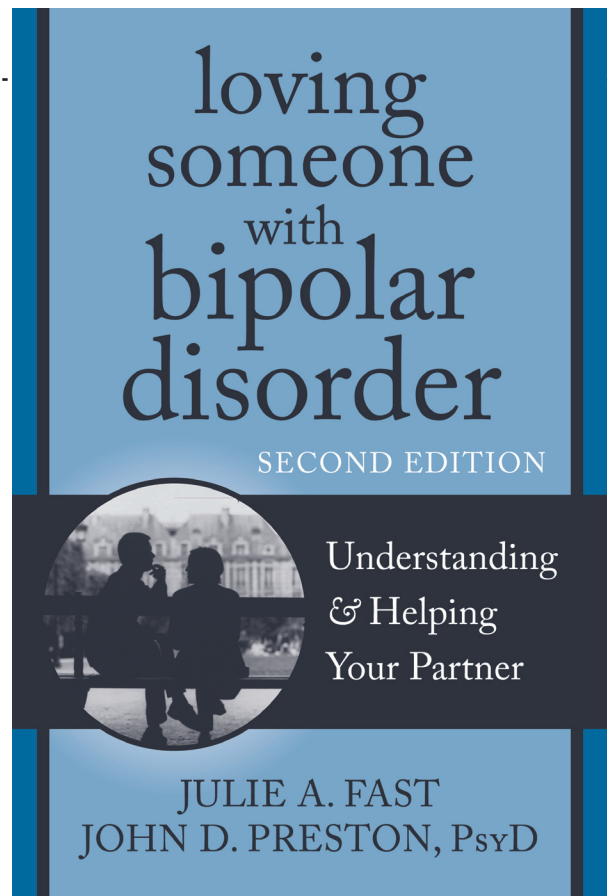
If you have a loved one with with mental illness, you know how disruptive and straining this can be to your relationship. You may experience feelings of fear, loss, anxiety and frustration as well as a constant uncertainty about your loved one's ability to function.

With the supportive and helpful information, strategies, and real-life examples, you'll have all the tools you need to create a loving, healthy, and close relationship.

The first edition of *Loving Someone with Bipolar Disorder* broke new ground when it was published in 2004, offering the exhausted partners of people with bipolar disorder effective skills for making their relationships work. Also called manic depressive disorder, bipolar disorder can cause extreme mood swings, and people who suffer from this disorder alternate between manic and depressed behavior.

Loving Someone with Bipolar Disorder, Second Edition

Loving Someone with Bipolar Disorder, Second Edition, builds on the practical advice offered in the original book by offering critical new information on the medications that are sometimes prescribed to manage bipolar disorder symptoms. Readers will learn how their partners may be affected by medication and what side effects they can expect. Because readers serve an important role in managing and monitoring their partner's medication, this information is essential to supporting the treatment of people with bipolar disorder. Readers discover how to better communicate with their partners, manage their own emotional responses to partners' mood swings, and deal with problems relating to work, money, and sex. Although this guide is written for the romantic partner of an individual with bipolar disorder, thousands of friends and family members of people with bipolar disorder have also found its realistic and practical advice endlessly useful.



FOR MORE INFORMATION, CONTACT
Jessica Dore
jessica.dore@newharbinger.com
510-594-6124

LOVING SOMEONE WITH BIPOLAR DISORDER SECOND EDITION
UNDERSTANDING & HELPING YOUR PARTNER
Julie A. Fast & John D. Preston, PsyD
January 2012 / 978-1-60882-219-5 / \$16.95 / 6 x 9 / 240 pages

LOVING SOMEONE WITH BIPOLAR DISORDER SECOND EDITION

Understanding & Helping Your Partner

JULIE A. FAST & JOHN D. PRESTON, PSYD

About the Authors

Julie A. Fast is a leading bipolar disorder specialist and critically acclaimed national speaker, family coach, and sought-after media source. She has been featured in *US Weekly*, *Self* Magazine, and on national radio.

Her popular websites, www.juliefast.com and www.bipolarhappens.com have received over one million visitors. She is a coach for partners and family members of those with bipolar disorder, and the coauthor of *Take Charge of Bipolar Disorder* and *Get It Done When You're Depressed*.

John D. Preston, PsyD, ABPP, is a psychopharmacology expert and author of more than twenty books, including the *Handbook of Clinical Psychopharmacology for Therapists*. He is professor emeritus at Alliant International University in Sacramento, CA.

Praise

"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*, and *The Bipolar Workbook for Teens*

"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*

"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*

FOR MORE INFORMATION, CONTACT
Jessica Dore

jessica.dore@newharbinger.com
510-594-6124

LOVING SOMEONE WITH BIPOLAR DISORDER SECOND EDITION
UNDERSTANDING & HELPING YOUR PARTNER

Julie A. Fast & John D. Preston, PsyD

January 2012 / 978-1-60882-219-5 / \$16.95 / 6 x 9 / 240 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com