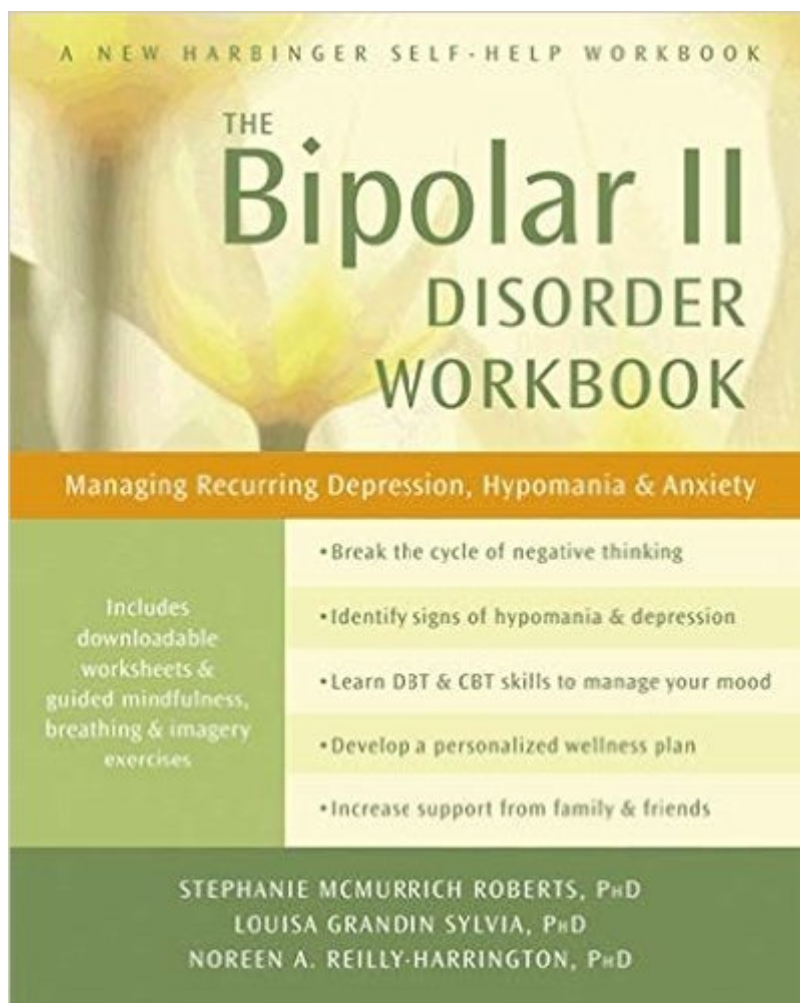


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# The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, And Anxiety



## Synopsis

Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, *The Bipolar II Disorder Workbook* is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

## Book Information

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## Customer Reviews

I have suffered from bipolar for 30 years. This is the first tool I have used to help me change my behavior and my thoughts. I'm doing much better as a result of understanding through the book. Especially the exercises are and were extremely helpful. This is an excellent tool that has opened many doors to a more fulfilling life for me I highly recommend it. Bernadette K.

For some reason, the way this book presents the information about Bipolar II, makes it seem more clear than all the others I have read. I find the clear and simple presentation very helpful. While some of the information I have read before, here it seems to be reframed in a way to not overwhelm or confuse. It's clear concise format is helpful. Also it does give helpful information about how to differentiate between BP I, BPII, Depression, which is very hard on the patient, I haven't finished the book so this observation is based on what I have gleaned so far. But I will finish it as it has so far been more helpful than most of the others I have (tried) to read.

This was very beneficial for me to understand the disorder and ramifications of untreated illness. It is a great "bipolar 2 -101" guide for professionals, family and friends, paraprofessionals and any other people who would like a quick guide to facts and understanding.

This has helped my daughter more than drugs prescribed for her awful depression. She told me that it is helping her get a handle on coping mechanisms and is optimistic about learning new ways of handling her bipolar II condition.

Awesome and it's geared specifically to bipolar 2 which is excellent!

This book has been very helpful to my daughter who suffers from Bipolar II and is currently in DBT Therapy. The book is very thorough and integrates DBT Therapy effectively. I highly recommend.

My girlfriend checked this out at the library & decided to buy it for herself so she could do the worksheets easier. It really helped her ID patterns & attitudes regarding her disorder. It makes for a good reference source, too.

This book offers a comprehensive view on Bipolar II for clinicians and patients alike. It is an excellent guide to understanding and implementing established and new approaches for treating bipolar disorder. Highly recommended! A must read read and patients and clinicians!

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The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Depression

Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) BIPOLAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) WELLBUTRIN (Bupropion): Treats Depression and Aids in Quitting Smoking; also Prevents Depression caused by Seasonal Affective Disorder (SAD) Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014) Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anixety, Depression, ERP, Obsessive Compulsive Disorder) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment)

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