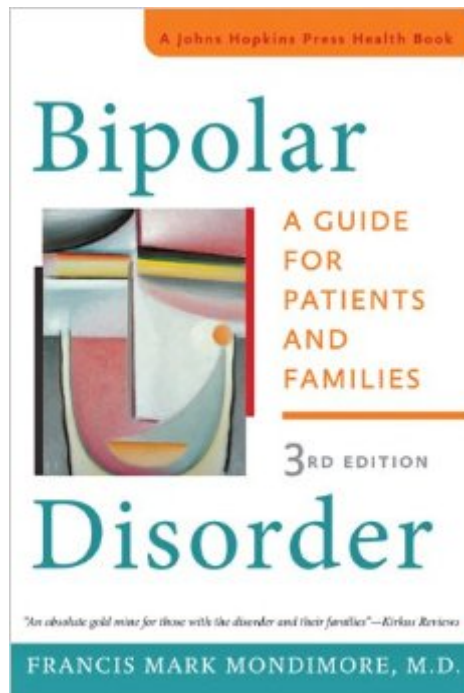


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# Bipolar Disorder: A Guide For Patients And Families (A Johns Hopkins Press Health Book)



## 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

Series: A Johns Hopkins Press Health Book

Paperback: 304 pages

Publisher: Johns Hopkins University Press; third edition edition (January 16, 2014)

Language: English

ISBN-10: 1421412063

ISBN-13: 978-1421412061

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #79,353 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Mental Health > Bipolar](#) #85 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#) #125 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety](#)

## Customer Reviews

This is a great read - current, relevant, and timely reviews of the state of the disorder... I found the text to be just technical enough to be authoritative, but within reach of the "ordinary" person who needs to learn about bipolar. I'm a bipolar patient, and I learned a lot about myself through reading this text - including what my symptoms are, what triggers them, what my meds are doing, and what other treatment options exist. VERY enlightening. Very hopeful. Very positive.

This is an update of the 2006 edition. More treatments are now available so this 2014 edition is much appreciated. Dr. Mondimore is a researcher, clinician and faculty member at Johns Hopkins University which was ranked the number one hospital in the country for twenty-one out of twenty-two. I've been fortunate to hear him speak at conferences, one of which was a voluntary presentation to a patient group. I've also been fortunate in once meeting him personally. In addition to being an accomplished scientist and he feels great compassion for those who may improve their quality of life through his work and that of others in the mental health field. There are some other excellent books for the layman. John McManamy's *Living Well With Depression and Bipolar Disorder*. John refers to himself as an "expert patient." The books written in the mid 2000's have become don't have info on more recent developments. Still, John's and others provide a wealth of information on self care and scientific information that is still current. There are also a number of memoirs written by people with this disorder that can help others understand themselves better and feel they are not alone. My personal favorite: *Scattershot* by David Lovelace *A Brilliant Madness* by Patty Duke (for the younger of you, she starred in a sitcom in the 60's) *An Unquiet Mind* by Kay Redfield Jamison *More Than Bipolar* by Elizabeth Schuch *Darkness Visible* by author William Styron who wrote the book on which the movie *Sophie's Choice* is based

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.

I have read several books on this subject since my 21 year old son was diagnosed a few years ago. What I like most about this book was it's straightforward, easy to read, yet extremely informative approach. Very helpful, easy to understand, written by a doctor who works with this illness.

I knew very little about Bipolar disease/disorder before reading this book. It provides in understandable language the chemistry which drives the behaviors and the body's responses to medications, appropriate and inappropriate. It also explained the reasons for lifestyle changes and self discipline. I knew the suicide rate for Bipolars was quite high, but now know the physiology behind the seeming accelerated aging in appearance and susceptibility to illness such as every cold, flu or whatever is passing by. The book gives you a serious appreciation for the seriousness of the disorder. And hopefully those who are BP will take hope and get treatment as soon as they can.

Easy to read, very informative. Good reference for patients and family with support and statistics. Medical info stated in lay mans language.

I found this book to be exactly what I was looking for: a complete overview of the aspects of Bipolar Disorder. The writing was concise, easy to read, and thorough. I do not have a single criticism. I learned so many thingsâ just amazed by the completenessâ. The chapters on medications are especially helpful and very informative. There are few tables or images â so no unnecessary filler. There is an end section: Resourcesâ Suggested Reading listâ Support and Advocacy Organizationsâ Internet Resources. There are many in-text superscript references, for which end-notes by chapter are listed: qty 237. There is a 10 page index. Here is the summary of contents: Part 1 Symptoms, Syndromes, and Diagnoses Ch 1 Normal and Abnormal Mood Ch 2 The Diagnoses of Bipolar Disorder Ch 3 Bipolar Disorder and the DSM-5 Ch 4 The Mood Disease Part 2 Treatment Ch 5 The Plastic Brain Ch 6 Mood-Stabilizing Medications Ch 7 Antidepressant Medications Ch 8 Antipsychotic Medications Ch 9 More Medications, Hormones and Dietary Supplements Ch 10 Brain-Stimulation Treatments Ch 11 Counseling and Psychotherapy Ch 12 Treatment Approaches in Bipolar Disorder Part 3 Variations, Causes, Connections Ch 13 Bipolar

Disorder in Children and AdolescentsCh 14 Women with Bipolar Disorder: Special ConsiderationsCh 15 Alcoholism and Drug AbuseCh 16 The Science of Cycles: ChronobiologyCh 17 The Genetics of Bipolar DisorderCh 18 Bipolar BiologyCh 19 Bipolar Disorder and CreativityPart 4 Getting Better and Staying WellCh 20 Living with Bipolar DisorderCh 21 Planning for EmergenciesCh 22 The Role of The FamilyCh 23 Looking AheadMy summary: excellent and highly recommended.

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