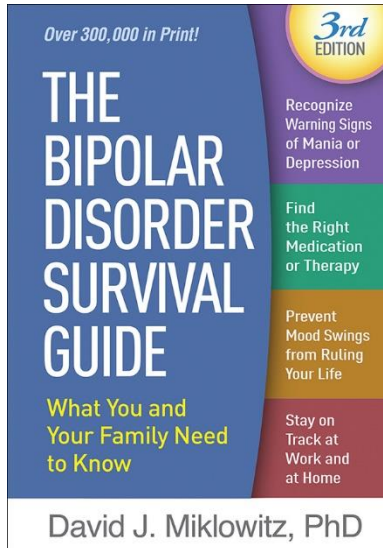




Publicist:
Lucy Baker
Guilford Press
lucy.baker@guilford.com
(212) 431-9800 ext. 257



The Bipolar Disorder Survival Guide, Third Edition:

What You and Your Family Need to Know

David J. Miklowitz, PhD

\$21.95 paperback

7 x 10 • 444 pages

ISBN: 9781462534982

**Also available in hardcover and as an e-book*

Publication Date: February 2019

www.guilford.com/p/miklowitz2

This book has always been for and about people coping with bipolar disorder, in either themselves or a close relative. My primary purpose in this third edition is to bring readers up to date on a number of advances in the field—and new ways of thinking about treatment and self-management—since the second edition in 2010. Although some of the changes are major and some minor, most practitioners agree that people with bipolar disorder can expect a better outcome today than 10-20 years ago. More treatment pathways are open to you than ever before."

— David J. Miklowitz, PhD

Bipolar disorder is a lifelong challenge—but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families. I could not recommend this book more highly. — *Kay Redfield Jamison, PhD*, author of *An Unquiet Mind* and *Robert Lowell, Setting the River on Fire*

Table of Contents:

Introduction: Where Are We Now?

I. The Experience and Diagnosis of Bipolar Disorder

1. How This Book Can Help You Survive—and Thrive
2. Understanding the Experience of Bipolar Disorder
3. Into the Doctor's Court: Getting an Accurate Diagnosis
4. "Is It an Illness or Is It Me?": Coping with the Diagnosis

II. Laying the Foundation for Effective Treatment

5. Where Bipolar Disorder Comes From: Genetics, Biology, and Stress
6. What Medications and Psychotherapy Can Do for You
7. Coming to Terms with Your Medications

III. Practical Strategies for Staying Well

8. Tips to Help You Manage Moods
 9. Heading Off the Escalation of Mania
 10. Halting the Spiral of Depression
 11. Overcoming Suicidal Thoughts and Feelings
 12. For Women Only: What You Need to Know about Bipolar Disorder and Your Health
 13. Succeeding at Home and at Work: Communication, Problem-Solving Skills, and Dealing Effectively with Stigma
 14. "Does My Child Have Bipolar Disorder?": How Would You Know and What Should You Do?
- Resources for People with Bipolar Disorder

About the Author

David J. Miklowitz, PhD, is Professor of Psychiatry at the University of California, Los Angeles (UCLA) Semel Institute, UCLA School of Medicine, and Senior Clinical Researcher in the Department of Psychiatry at the University of Oxford, United Kingdom. He directs the Child and Adolescent Mood Disorders Program at UCLA, where he supervises psychiatry and psychology trainees and conducts research on psychosocial interventions for children and adolescents with bipolar disorders. Dr. Miklowitz's numerous publications include the bestselling self-help resource *The Bipolar Disorder Survival Guide, Third Edition*, as well as acclaimed books for professionals, including *Bipolar Disorder, Second Edition: A Family-Focused Treatment Approach* and, with Michael J. Gitlin, *Clinician's Guide to Bipolar Disorder*. He has received Distinguished Investigator awards from the Brain and Behavior Research Foundation, the Depression and Bipolar Support Alliance, the International Society for Bipolar Disorders, and the Society for a Science of Clinical Psychology.

<https://www.semel.ucla.edu/champ>

