



Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)

By Julie A. Fast, John D. Preston PsyD ABPP

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Maintaining a relationship is hard enough without the added challenges of your partner's bipolar disorder symptoms. **Loving Someone with Bipolar Disorder** offers information and step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. This book explains the symptoms of your partner's disorder and offers strategies for preventing them and responding to these symptoms when they do occur.

This updated edition includes a new section about the medications your partner may be taking so that you can understand the side effects and help monitor his or her bipolar treatment. As a supportive partner, you deserve support yourself. This book will help you create a more balanced, fulfilling relationship.

Improve your relationship by learning how to:

- Identify your partner's symptom triggers so you can prevent episodes
- Improve communication by stopping irrational "bipolar conversations"
- Handle your partner's emotional ups and downs
- Foster closeness and connection with your partner

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Editorial Review

Review

"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*, *The Bipolar Workbook for Teens*, and other books

"I am truly impressed with this wonderful book. I will have it in my office and recommend it to patients' partners as a matter of course as they go through the journey with this illness."

—Steven Juergens, MD

"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*

"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*

About the Author

Julie A. Fast, freelance writer and Web master of www.juliefast.com, lives in the Pacific Northwest. She believes that with the right tools, bipolar disorder is a predictable and treatable illness.

John D. Preston, PsyD, ABPP, is a licensed psychologist and author or coauthor of twenty books. He is professor emeritus of psychology at Alliant International University, and has also served on the faculty of the UC Davis School of Medicine. He has lectured widely in the United States and abroad. He is the recipient of the Mental Health Association's President's Award for contributions to the mental health professions, and is a fellow of the American Psychological Association.

Users Review

From reader reviews:

Mary Salas:

This book untitled *Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner* (The New Harbinger Loving Someone Series) to be one of several books that will best seller in this year, here is because when you read this guide you can get a lot of benefit into it. You will easily to buy this particular book in the book retail outlet or you can order it via online. The publisher of the book sells the e-book too. It makes you easier to read this book, as you can read this book in your Cell phone. So there is no reason for you to past this book from your list.

Tia Sargent:

Reading a book to get new life style in this yr; every people loves to learn a book. When you study a book you can get a lots of benefit. When you read ebooks, you can improve your knowledge, mainly because book has a lot of information in it. The information that you will get depend on what types of book that you have read. If you wish to get information about your examine, you can read education books, but if you act like you want to entertain yourself read a fiction books, this sort of us novel, comics, and soon. The *Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner* (The New Harbinger Loving Someone Series) provide you with new experience in reading a book.

Jerry Melgar:

In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information simpler

to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The particular book that recommended to you is Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) this publication consist a lot of the information in the condition of this world now. That book was represented just how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The writer made some research when he makes this book. Honestly, that is why this book suited all of you.

Eulalia Perry:

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