



A New Perspective on Bipolar Disorder: Achieving Stability in Episodes

Robert Anthony

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A New Perspective on Bipolar sheds new light on ways to cope with bipolar disorder. It is for survivors and supporters since it covers both spectrums of living with bipolar. Bipolar is a very delicate personal disorder. It is as unique as each person who has it. Dealing with bipolar can be very tricky as sometimes it creates troublesome problems for both survivors and their supporters. I present an approach that is all encompassing and that both survivors and supporters can use to effectively cope with bipolar. I explain the fundamentals for coping which I have learned over many years of therapy. I have had bipolar since childhood, and have supported people with bipolar for several years. I have had to learn how to cope with bipolar because I have a very severe case. I am a rapid cyler with very intense emotions. Suicide had been biting at my heels my whole life, and I have had severe problems because of the intensity of my emotions. I absolutely had to find a way to cope. I have been stable over seven years now. I have been medication compliant for over 13 years. It took being persistent and tenacious to successfully cope with bipolar. Here survivors will find answers on how to cope with manic, depressive and mixed episodes. Supporters will find answers to the most troubling problems associated with their loved one having bipolar and will find some solid answers that will help them support their loved one while they are in manic, mixed and depressed episodes. As survivors, we really have to watch our perceptions because they get distorted so fast that it is impossible to completely stop ourselves from jumping to inaccurate conclusions. Then we are mad, happy or sad, in an instant and "think" we have a valid reason to feel that way when we really don't. This book focuses on the aspect of perception and how it relates to coping with bipolar. Survivors and supporters agree - the method in this book works.

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Ronald Ybarra:

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Denise Swann:

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