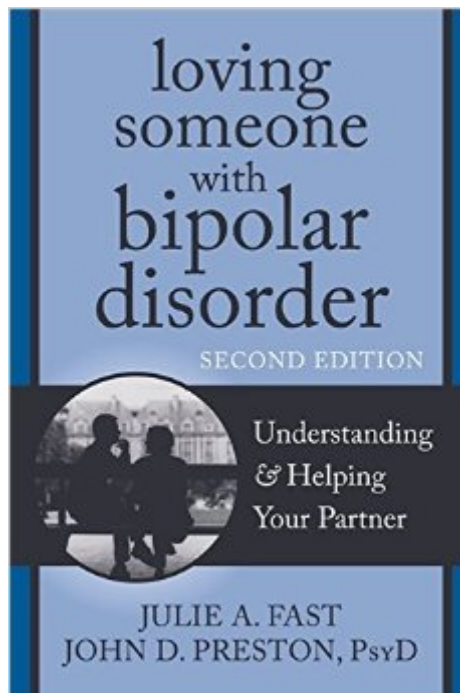


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# Loving Someone With Bipolar Disorder: Understanding And Helping Your Partner (The New Harbinger Loving Someone Series)



## Synopsis

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

## Book Information

Series: The New Harbinger Loving Someone Series

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Average Customer Review: 4.5 out of 5 stars See all reviews (105 customer reviews)

Best Sellers Rank: #15,289 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #15 in Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #28 in Books > Health, Fitness & Dieting > Mental Health > Depression

## Customer Reviews

When I originally got this book, I started reading from the beginning like any other book. I wasn't too far in before I had to set it aside. It didn't seem to apply. The descriptions and wording came off like one woke up one day and their counterpart was suddenly acting out of character, which was certainly not the case for me. I'd spent nearly two decades with this individual, and the way they

were acting when diagnosed was typical behavior for them all along. It wasn't watching them become someone I didn't recognize, as the beginning of the book describes, because it was who I came to know them as in the first place. So, I set it aside for a few months. I picked it back up again once I'd had some much time outside of the situation to regain some objectivity, and also after noticing that one of the reviews for it had disappeared. That review resonated very well in general with how I felt about this title, and I'm sorry to see that it's gone. With that in mind, I will try to cover some of the same info that it contained. There is a fairly clear message presented in the pages this book: This can work, but it's not a sure thing, and it's not going to happen overnight. For this to work, you have to be willing to sacrifice of your hopes, dreams, future, lifestyle, etc. You need to be willing put in a good deal of effort for a goal that you may never reach. Results will take time, perhaps a lot of time. There is no cure for bipolar, so you and your partner are in for a lifetime of struggling to manage it. You have to be able to forgive AND \*forget\* all of your partner's past behavior, as if it never happened, as well as their future behavior. If you're not able to do all of that, or have reservations, then you have some serious questions to answer for yourself.

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