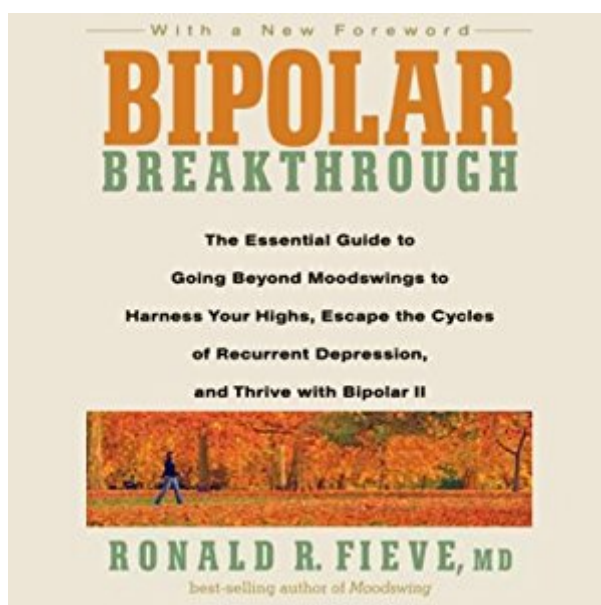


The book was found

# Bipolar Breakthrough: The Essential Guide To Going Beyond Moodswings To Harness Your Highs, Escape The Cycles Of Recurrent Depression, And Thrive



## Synopsis

More than 30 years ago, Dr. Ronald R. Fieve gained national recognition for his pioneering treatment of what was then known as "manic-depression". Since then, he has focused on patients with mild bipolarity, also known as Bipolar II. With the right treatment, these patients can turn their illness into an asset. In this groundbreaking book, Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic "highs" while minimizing the potentially devastating "lows" of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, *Bipolar Breakthrough* includes:

- Six stay-well strategies for anyone suffering from Bipolar II
- The latest information on cutting-edge medications with fewer side effects
- A special section on the complications of a bipolar diagnosis for pregnant women, children, and the elderly

With results supported by thousands of patient histories, Dr. Fieve's *Bipolar Breakthrough* is a landmark work that will help the millions of Bipolar II sufferers live better lives.

## Book Information

Audible Audio Edition

Listening Length: 8 hours 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: April 22, 2014

Language: English

ASIN: B00JV532MI

Best Sellers Rank: #185 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #422 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #1030 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

Excellent overview of bipolar disorder in general, including brief history of the diagnosis. Using clear and simple language, Dr. Fieve engages us in his sophisticated understanding of the disorder. The most significant idea in the book is his use of the category Bipolar II b, wherein the 'b' stands for beneficial. Dr. Fieve remarks that so many of his clients are highly successful people when they are hypomanic. However, these same people are subject to major depression (Dr. Fieve acknowledges that bipolar depression is the worst) and unproductive and even damaging episodes of hypomania.

Yet they are also incredibly brilliant and talented people, thus the new category. The author includes many real-life examples taken from his practice. An important book for those who have the disorder or love someone who has this disease.

This book is pretty helpful for someone like me who was recently diagnosed with mild bipolar disorder. This book will inform you of possible triggers, available medicine/treatment methods, and more. It is important to stay informed of your own illnesses, and for that I would recommend this book for people who have bipolar II.

This book reads like a dense textbook at times, but it also is filled with case study examples of real people living with BP 1 and 2. It's informative for those who may think they are bi-polar, strategies for those who have the diagnosis and their families, and the science behind the mental illness. Definitely worth reading. I would give it 4 and a half stars if I could, but it was worth rounding up.

I bought this book hoping to gain a lot of tools to help with BP. While some information was new and beneficial a lot of the steps or advice given seems too commonplace. Also the book has many similar stories from his patients that felt redundant and long-winded. I couldn't relate to many of the patients and hoped for accounts that varied more on the bipolar spectrum.

Very helpful in understanding progression and treatment of bipolar disorder.

This book is more of a PR for its author. He keeps saying that not all BP II patients are 'beneficial', actually he says most are not, but he keeps presenting cases and singing the praise of those with high creativity, focus, energy, etc. By the end of the book, the disorder turns into a god given advantage over others without the disorder. Then what is the point of "curing" this disorder and why does he complain that patients only see doctors when they are in depressed mood. He should not have labeled the book as Typell, as this is misleading . it is a book about typellB, which is the authors 'Breakthrough Discovery" as he calls it, but since he has not been able to scientifically demonstrate this new "discovery," and he wants to sell more books, he has targeted the wider Typell audience with this title. I think he has done more damage to better understanding of this disorder by writing a self serving book while misleading the readers about the disorder.

Helpful for family as well as new bipolar II patients. Especially appreciate the author's portrayal of

successful " bipolar IIB" patients who have learned to foster the positive aspects of hypomania & flourish because of this condition not in spite of it.

this book is very good to read if you are looking to understand bipolar disease, it explains how to tell the difference in bipolar 1 and bipolar 2. it also has a lot of good suggestions on how to deal with it and what meds are best for each.

[Download to continue reading...](#)

Bipolar Breakthrough: The Essential Guide to Going Beyond Moodswings to Harness Your Highs, Escape the Cycles of Recurrent Depression, and Thrive Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens ) Decoding The Hidden Market Rhythm - Part 1: Dynamic Cycles: A Dynamic Approach To Identify And Trade Cycles That Influence Financial Markets (WhenToTrade) Decoding The Hidden Market Rhythm - Part 2: Metonic Cycles: A Non-Linear Approach To Identify And Trade Cycles That Influence Financial Markets (WhenToTrade) (Volume 2) Decoding The Hidden Market Rhythm - Part 1: Dynamic Cycles: A Dynamic Approach To Identify And Trade Cycles That Influence Financial Markets (WhenToTrade) (Volume 1) The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) The Gut Solution: A guide for Parents with Children who have Recurrent Abdominal Pain and Irritable Bowel Syndrome Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and

Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)