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Synopsis

Bipolar In Order: Looking at Depression, Mania, Hallucination, and Delusion from the Other Side defines success in a way that no one ever has. It challenges everything we believe about bipolar from how we define it to how we treat it, and details a clear path to a better life. By shattering the notions about the end goals of treatment, Bipolar In Order goes beyond the hope and encouragement found in his previous books, Bipolar Advantage and Depression Advantage. It helps people with mental conditions shift their thinking and behavior so that they can lead extraordinary lives. With chapters by doctors, therapists, and other professionals in complementary disciplines, this book challenges us all to reevaluate our preconceptions, practices, and definitions of successful outcomes when treating mental conditions. It asks every professional working in mental health to see the limits they place on themselves and their patients by not considering what more might be possible. In addition to detailing Results Worth Striving For and the beliefs that are in the way of them, Wootton presents an integrated approach for education, assessment, life planning, and treatment. The mental health field is plagued with the bigotry of low expectations. Far too many people are talking about changing the stigma, while creating the worst stigma of all--the idea that we are not capable of achieving greatness. *~f~ - Bipolar In Order*

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Customer Reviews

I am both an individual diagnosed 30 years ago with bipolar and a mental health volunteer. Finally a book that shows people how to rise out of the mental health ghetto of victimhood so pervasive in the US. People with severe to now even common depression wallow in their victimhood and look for magic bullet meds to make them happy. No one ever tells them that they have the power and control to feel their feelings and then choose how to react. This book does just that and shows you the beauty of depression as well as the vast gift of mania when in order. Psychiatrists, therapists and most mental health workers feel they must go for the overly cautious "stable" as their end game. Tom says out loud what many with these long-term illness have lived which is an enhanced life of being more. This is a brilliant book that should be in every bipolar library to open eyes and minds to not settling for others caution and being your greater self...but in order.

I was beginning to learn how to manage my symptoms before I even heard of Tom Wootton. It was a hard won experience because my psychiatrist felt I was rebelling against the amount of medicines and doses he felt were necessary and truthfully, I was. When I found Tom Wootton's blog and then his books it confirmed to me that I really was on the right track and that some of my ideas were in line with his. He gave me the courage to keep working at controlling my reactions to bipolar swings and make my doctor cooperate with me. My last visit with my psychiatrist had him perplexed and amazed at how far I had come on far fewer drugs than he initially had me on, and on low non-therapeutic doses. He wanted to know how I accomplished it. I told him and he immediately got on his computer and googled "Tom Wootton". Tom's ideas are facts in my life and the lives of many others who have been helped by his principles for dealing with bipolar disorder and who have done the hard work to learn to control it. We can lead wonderful, productive lives. I only have a psychiatrist who is a skeptic, not a team of providers and I'm winning the battle and finally content. I give Tom Wootton high praise for having the courage to work hard to prove to many doctors, psychiatrists and researchers that overcoming the potential damage of bipolar disorder can be done. Some of them are now working with him to teach people with bipolar disorder that there are tools they can use to help them work towards a rewarding life full of possibilities. I'm experiencing it and still learning and my life just keeps getting better--and boy, is my husband happy. Posted by

I think this book is going to receive both 1 star reviews and 5 star reviews because it is challenging and clearly different than the main stream messages about living with bipolar and depression. I liked it because it gave me a new perspective that I found interesting and filled with hope. I think many are going to misinterpret Mr. Wootton's concepts as impossible to achieve, or too expensive to achieve, or not within the grasp of those with mania and depression. The mental health system is treating everybody as if this isn't possible. That's what is wrong with the system -- not with this book. It is encouraging to have an advocate on our side that believes in the capacity for change, personal growth and mastery of depression or bipolar. While many people will want to say wellness is not possible, ever, - there will be many more who recognize the message of Bipolar In Order as true. I found the second part of the book very interesting. Few 'guides' for living with bipolar or depression have spelled out so clearly how to assemble a professional team of help and support, what the role of different professionals could be. Few books are so straight forward and clear about what different professionals do -- or what you should ask of them. While I wouldn't choose to include every single part of this program in my own life, this book at least points to the benefits of doing so. Again, Mr. Wootton seems to be spelling out the best options, not the lowest common denominator -- something we should try to achieve, not a life that we have to accept that always has "illness" attached to it. So, yes, those who are attached to the concept of illness, disease and powerlessness aren't going to like this book. Those who crave an empowered life of control and mastery will want to read this book and they will love it.

I found Bipolar in Order to be one the most exciting and hope-inspiring books I have run across. It answered many of the questions I have held deeply in my core for many years and challenged one of the beliefs that I have carried throughout my life - "I can't get well". After a 14-day hospitalization, I attended one of Tom Wootton's public lectures. I had left the hospital feeling ashamed, hopeless, and helpless and was heavily medicated. At the end of Tom Wootton's lecture, I felt hope for the first time. I didn't purchase the book for some time as I was a bit afraid that maybe I had gotten my hopes up for nothing. But, I was not disappointed by any means after I read Bipolar in Order. Tom Wootton's Mind/Body/Spirit approach clearly showed the gaps in my own management of my disorder. The integrated approach he describes includes such topics as: psychiatry, psychotherapy, mind skills, spiritual, relationships, physical health, etc.. The book made it easy to see where I was lacking in certain areas and that a holistic, integral approach is what is truly needed to build optimal

health and work towards building an evenness of mind, even under stress. With the help of the tools contained in this book, and my own initial committed practice of them, I feel that I am beginning to experience some change in my life. I highly recommend Bipolar in Order to anyone who is looking for an alternative solution to conventional Western treatment paradigms.

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