



Bipolar Disorder Demystified: Mastering the Tightrope of Manic Depression

Lana R. Castle, Peter C. Whybrow (Foreword)

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Each year, at least 2.3 million Americans suffer from severe bipolar disorder (manic depression), a brain disorder characterized by intense high and low moods, while an estimated 10–13 million others suffer from its milder forms. In *Bipolar Disorder Demystified*, author Lana Castle, who has lived the better part of her life with this illness, has turned her personal experience into an eloquent and useful guide to all those who travel down the same path. In clear and honest language, Castle helps readers understand the true nature of bipolar disorder, the factors that complicate its diagnosis, and strategies for coping with the illness. *Bipolar Disorder Demystified* makes great strides in dispelling the mystery surrounding this illness, helping readers decide if it's time to seek treatment, and providing those with any form of mood disorder the information they need to better manage their lives.

Bipolar Disorder Demystified: Mastering the Tightrope of Manic Depression Details

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From Reader Review Bipolar Disorder Demystified: Mastering the Tightrope of Manic Depression for online ebook

Susan says

I actually had the opportunity to meet Ms. Castle and do have an autographed copy of this book. I was diagnosed having bipolar disorder in my 20's and when her book came out it help me with additional information pertaining to sleep cycles, diet, exercise and just the sheer balancing of things. Now that I am much older and wiser in my recovery I still use the information and tips she provided to keep me pointed in the right direction when things begin to falter.

She eloquently states in layman's terms on how to manage one's episodes so well. It's a book to keep on the shelf for those who have the disorder for a reference or to give as a book to provide insight for one's loved ones so they too can assist in helping the person afflicted achieve the optimal stability.

Tim Monteleone says

This book was very informational it helped me to understand the day to day life of most bipolar people, it helped me to view my interactions with all humans in a different light, not to assume anything and to consider all aspects of a persons feelings.

Lyrissa says

This book can give family and friends some helpful insight. I didn't particularly find it helpful for someone that is personally suffering from the disorder.

Erin says

I'm reading this book because a lot of my clients suffer from this, it is too early in the book for me to decide how helpful it is...

Alicialeeanne says

This book is so informative and saved me a lot of heart ache when it came to understanding my disorder. I recommend anyone struggling or having been new to the diagnoses to read this. It covers every bit- I think that we need to know and the ones around us need to understand. It is a medical book so it reads like one but also full of insight into the human psyche. Besides the book Touched with Fire this is my all time favorite book on my disorder. It almost felt like I was reading about myself in ways that I never understood before.

Toni says

LOTS of good stuff in this book for those who have bipolar disorder or those who are coping with a loved one with bipolar disorder.

Laurel says

A personal and comprehensive account of mood disorders. Covers a wealth of information in a very accessible way.

Simone says

I realized I knew next to nothing about this disorder when a close relative was diagnosed this past winter and, wishing to help in whatever little way I was able, I picked up this book. Though dated, it offers insight into the world of being bipolar from a first-hand perspective. This one, however, should have been called *Mood Disorders Demystified*; though the first few chapters relate directly to bipolar disorder, the entirety of the book focuses on different techniques and helpful guides for the range of mood disorders. Being solidly of the generalized anxiety disorder myself, I did find what Castle wrote to be helpful. I didn't quite realize this was more along the lines of a self-help book (because I'm not so good at reading titles while on a book purchasing binge at Half Price) but nevertheless I found much of what she related here to be helpful. Relatively quick read for anyone interested in ways to help family members (or even yourself) better manage their mood disorders.

Lisa Kidd says

This was one of the best informational books on Bi-Polar I have read.

Steve Garvin says

Lana Castle, a fellow sufferer of bipolar disorder, tellingly reveals the highs and lows of the disorder. Excellent discussion on how to treat the disorder from a layperson's perspective.

Tricia says

I certainly learned more about people who suffer from bipolar disorder. I also learned how it can be treated and how to live with it!

Edith says

This book was published in 2003, and as far as I can see, it hasn't been revised or updated since then. The author and publisher should really consider publishing an updated and revised version, since a great deal of information in the book has changed, and new information has come to light.

I'm giving the book only four stars, because while it is a useful and helpful manual for living with bipolar disorder, there were a number of typographical errors that could have led to misunderstanding had I not been well-informed about the subject.

That said, in terms of content, it is an excellent book. It covers a great deal of territory, both from the perspective of someone living with bipolar disorder and a family member or friend. The book is divided into three parts: Part One, Living the Bipolar Life; Part Two, Separating Strands; and Part Three, Maintaining Balance. The first part serves as an introduction to the book, and life with bipolar disorder. The author tackles the difficult and often taboo subject of suicide, reasons people put off treatment, and what to expect when you first go for treatment. The second part discusses the biological and biochemical basis of brain disorders like bipolar disorder and unipolar disorder, and treatments that are available. The last part, Maintaining Balance, talks about managing symptoms, coping strategies, and how to maintain wellness, including hospitalization. The author also discusses stigma in this section.

Even though I have learned to live well with bipolar disorder and manage my symptoms, I still learned new things from this book, such as the importance of eating well and getting exercise, and setting goals each day, even small ones. I was doing these things already (except the exercise!), but it was good to know that I was on the right track.

I think this book will be most helpful for friends and family members of people living with bipolar disorder, because it describes accurately, but sympathetically, what people with bipolar disorder go through on a daily basis, and why it can sometimes be hard to maintain stability or manage symptoms despite our best efforts. It also addresses the myths surrounding bipolar disorder and other mental illnesses, which can go a long way towards helping people understand the issues people diagnosed with mental illness experience.

For that reason, I would recommend this book, but I do wish there was a revised, updated version, with more current information.

Molly says

Informative and thorough. A great read for those just getting familiar with their own diagnoses as well as understanding the experience of others.

Neaka says

I don't really know what to say about this book. The beginning and most other parts of it were very emotional, and I thoroughly enjoyed them. However, a lot of it got repetitive, which I think I understand because the book was basically about getting people to realize when they are bipolar and to get them to treat it. Basically, I thought it was good, but it got slightly boring at times and it kind of said what it did in the

beginning over and over again. Overall, a well thought-out book!

Beat says

Borrrring!
