



Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner

Julie A. Fast, John D. Preston Psy.D.

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Bipolar disorder is characterized by alternating periods of dramatically manic behavior and episodes of extreme sadness and hopelessness, often with periods of normalcy in between. Those close to bipolar individuals may experience feelings of fear, loss, and anxiety and a constant uncertainty about the bipolar individual's mood. *Loving Someone with Bipolar Disorder* is the first of its kind: written to the partner of a bipolar individual and designed to mend strained relationships. If your partner suffers from bipolar disorder, use this book to learn how to negotiate his or her episodic crises. Find out how to recognize a bipolar conversation. Survive the financial turbulence manic spending may cause. Deal with problematic sexual issues. Know when to call for help. All of the tactics in this book work to offer relief and engender a greater sense of stability. Understand that the ultimate goal of this book, the development of a peaceful and loving relationship, is absolutely achievable with patience and good advice.

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