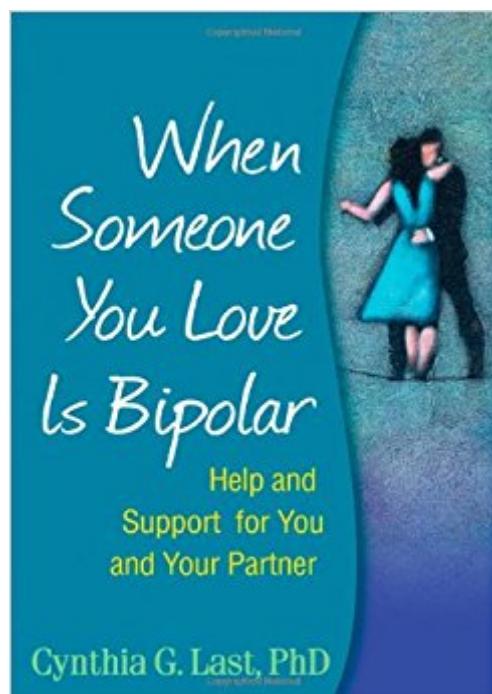


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# When Someone You Love Is Bipolar: Help And Support For You And Your Partner



## **Synopsis**

When bipolar disorder afflicts the person you love, you suffer too. How have other couples learned to manage the relationship strains caused by this illness? What can you do to provide your partner with truly helpful nurturance and support? No one cares more deeply about these questions than Dr. Cynthia Last, a highly regarded therapist/researcher who also has bipolar disorder. Sharing stories and solutions from her own experience and the couples she has treated, Dr. Last offers heartfelt, practical guidance for getting through the out-of-control highs and the devastating lows--together. Learn how you can help your spouse come to terms with a bipolar diagnosis, get the most out of treatment, and reduce or prevent future mood episodes, while also taking care of yourself.

## **Book Information**

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## **Customer Reviews**

"Few books deal with the challenges that bipolar disorder poses for couples. Anyone whose spouse or partner has the illness should read this easy-to-digest guide. Dr. Last helps the spouse understand what the sufferer is going through and how both partners can get their needs met. Couples will find much useful information for coping with the disorder, improving communication, strengthening their relationships, and taking care of each other on both a practical and an emotional level."--David J. Miklowitz, PhD, UCLA Semel Institute for Neuroscience and Human Behavior, David Geffen School of Medicine at UCLA "This book is peppered with brilliant and intimate accounts of the personal journeys of Dr. Last, her patients, and their loving families. It is a fabulous resource for anyone who is riding the roller coaster with a spouse or partner who has bipolar disorder."--Mani Pavuluri, MD, PhD, author of *What Works for Bipolar Kids*"With a lot of love

and hard work, the two of us have been able to achieve a stable and wonderful life. My wife has written this book for you and your partner, so that you can benefit from everything the two of us have learned during the course of our relationship about living, as a couple, with bipolar disorder."--from the Foreword by the author's husband, Barry M. Rubin Â "This book is a 'must read' for loved ones of bipolar sufferers. Dr. Last's candid sharing of her own personal struggles, and her therapeutic insight and recommendations, will resonate deeply with readers."--Mary A. Fristad, PhD, ABPP, coauthor of *Raising a Moody Child*"Fact filled and loaded with advice." (Library Journal 2009-06-01)

Cynthia G. Last, PhD, is a clinical psychologist in private practice in Boca Raton, Florida. She has served on the faculties of the University of Pittsburgh School of Medicine and Nova Southeastern University, and is internationally known for her research on the diagnosis and treatment of psychological disorders. The author or editor of 13 books, Dr. Last has been widely quoted and interviewed in the media. She lives with her husband of more than 20 years, Barry M. Rubin.

An excellent book. Anyone who is in this situation (being involved with someone who has bipolar disorder) this book is a must or even for someone who isn't, The information provided can help you see the options you have and how to deal with each situation and that you are not alone in this. More important don't forget that all relationships are difficult and have their challenges but if it is a person you love and see a future with, it is well worth it. Helped a lot and I would definitely recommend to anyone interested in finding out about bipolar disorder.

Dating someone recently diagnosed with Bipolar has been a challenge. I came across Dr. Last's book and was instantly drawn to all of the similarities I have experienced with my boyfriend over the last several years. She easily explains how this illness manifests itself in many different types of situations yet gives you hope that there are treatments out there to help. Unfortunately there is no cure for the disease as of yet. Reading this book has helped me to understand my boyfriend better and has made it easier for me to talk with him about his condition. I let him know I was reading the book and that the author was Bipolar herself, and he opened up more to me and thanked me for trying to educate myself and for trying to be more understanding. I reached out via e-mail to Dr. Last and she responded back to me in kind. We are now looking into setting up a consultation with her directly. My boyfriend is looking forward to speaking with someone who will understand the feelings, emotions, and episodes he has experienced and not just talk to someone about changing

medications, which has been a very frustrating experience. All in all, I thank Dr. Last for her book and I will continue to educate myself as best I can. Best of luck to everyone who is going through the same experience.

This was recommended to me by my neighbor and it is an exceptional book written by a psychiatrist who has bipolar disorder. I have learned a great deal about the disease and hope to be able to share my knowledge with those who are effected by it. It is easy to follow and is very detailed with helpful advice.

So far my husband enjoys this book. Its actually helped him understand me a little better

If you have a family member with bipolar, this book could literally save your relationship! Dr. Last really knows her stuff, being a psychologist who has bipolar disorder. She knows what the patient is going through and how to help them manage the disorder. This book is informative about symptoms, treatment options, what does and doesn't work in interpersonal relationships. DO NOT CONSIDER DIVORCE UNTIL YOU HAVE READ THIS BOOK!!!

It had a lot of good content for educating us - thank you !

I was pleased to be able to hear both sides of this story. My husband has suffered with what we thought was chronic depression for over 20 years. Kept wondering why the meds weren't working. After being diagnosed with Bi-Polar II Disorder, he is now on the right kind of medication and we are trusting that it will bring him relief. I hope this book will help people see this disorder in a new light and lay down the old stigmas connected to mental illness.

When I read this book I was about to give up on my relationship. Although I knew early on that my partner is bipolar, there was a lot of information that I did not know about. After reading this book it gave me the strategies to continue the relationship and get support for myself. I loved the book so much that I emailed the author "Dr. Cynthia G. Last". She took the time to contact me by phone. Her compassion for my partner and I was amazing and she was willing to help me in anyway she could. I would recommend this book to anyone who lives with someone who is bipolar.

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When Someone You Love Is Bipolar: Help and Support for You and Your Partner Loving Someone

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