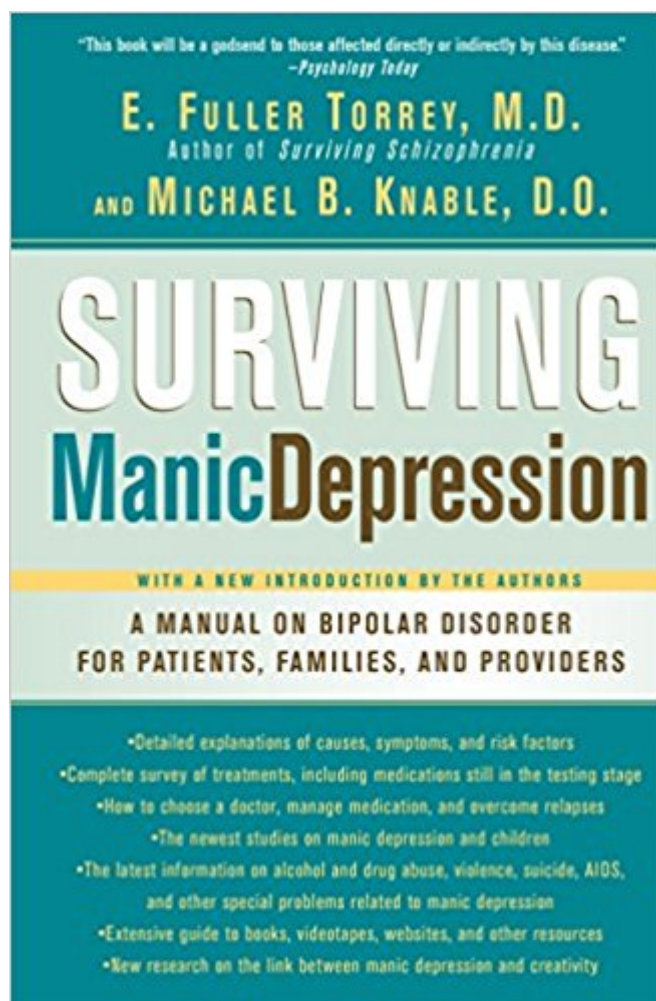


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# Surviving Manic Depression: A Manual On Bipolar Disorder For Patients, Families, And Providers



## Synopsis

Surviving Manic Depression is the most comprehensive, up-to-date book on the disorder that affects more than two million people in the United States alone. Based on the latest research, it provides detailed coverage of every aspect of the disorder. All aspects of the disease are addressed: symptoms, with many direct descriptions from patients themselves, risk factors, onset and cause, medications (including drugs still in the testing stage), causes, psychotherapy, and rehabilitation and how the disease affects children and adolescents. Here too are discussions of special problems related to manic-depressive disorder, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. Surviving Manic Depression also includes special features such as a listing of selected websites, videotapes, and other resources.

## Book Information

Paperback: 432 pages

Publisher: Basic Books; Reprint edition (March 2, 2005)

Language: English

ISBN-10: 0465086640

ISBN-13: 978-0465086641

Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 46 customer reviews

Best Sellers Rank: #468,049 in Books (See Top 100 in Books) #198 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #437 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #437 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior

## Customer Reviews

If knowing one's enemy is key to surviving a prolonged encounter, then Surviving Manic Depression should prove essential reading to those who suffer from this brain disease's horrific highs and lows. Having immersed themselves in the topic, E. Fuller Torrey, M.D., and Michael B. Knable, D.O., offer a comprehensive resource for those afflicted with--or responsible for treating--manic depression. Unfortunately, a surprisingly small amount of data exists regarding its prevalence, and existing studies show conflicting results. Torrey and Knable's emphasis on dissecting all that is known about the disease clearly indicates that "survival" entails neither escape nor eradication; rather, it requires a lifelong pledge to undertake an effective course of treatment. The first step: learning

every suspected cause, symptom, risk factor, and treatment strategy. Sprinkled among statistic-laden paragraphs, touches of empathy arrive via articulate quotations from sufferers including Patty Duke and Kay Jamison. But the crux of Torrey and Knable's work is its compilation of all the informative bits and pieces readers need to build an effective action plan. Most helpful are the chapters that address special problems (including alcohol and drug abuse, violent behavior, medication noncompliance, and the seduction of mania); and their no-holds-barred reviews of books, selected Web sites, and videotapes. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

A lucid, thorough guide to every aspect of living with bipolar disorder, *Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers* covers symptoms, treatment and advocacy. E. Fuller Torrey (*Surviving Schizophrenia*), psychiatry professor and Treatment Advocacy Center president, and psychiatry instructor Michael B. Knable explain what mania and depression feel like from the inside, the causes and risk factors, the range of possible medications and treatments, and 10 special problems for manic depressives like alcohol abuse and medical noncompliance. There's also a section on bipolar disorder in children and a list of frequently asked questions. This is a valuable resource for anyone touched by the illness. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

First let me say that I am not a trained professional in this field, however I found the information easy to understand. There is a comprehensive discussion on current medications and treatments. I would recommend this book for anyone interested in mental health.

E. Fuller Torrey is a name I have referenced many times in my Graduate papers about mental illness, and he's definitely an authority. This book is thick, and full of information about basically anything you'd want to know about Bipolar Disorder. However, the caveat is that it's geared toward a more research/academic audience (in my opinion) and it's not an "easy read", like you can't really pick it up and take it with you to lay out by the pool, it does take some concentration. The other thing is, considering the date it was published, and how fast research changes, take everything with a grain of salt. Sure things like the fact that Lithium is the best and oldest drug used to treat Bipolar stand, but other things mentioned in the book may or may not. I also do not agree with some of his assertions, but overall as a patient, I think it's good to know the research as well, so this is definitely a book that will help accomplish that goal.

Definitely a book worth getting. I get frustrated with all the books that are simply experiences of the author. I've had this diagnosis for well over 20 years and know how to live a stable happy life. My interest lies in the science behind it, the studies that have been published, and the future of possibilities relating to bipolar and similar illnesses. This book has some of everything one would find helpful without the "personal life experience stuff" that other books have. It explains all aspects of this illness as well as all the differing options that could explain symptoms that may not be mental illness related in anyway, i.e., side effects from some medications, symptoms produced by physical illnesses, etc. Also, one important thing that I took away from this book was additional nomenclature for better communication with professionals. The only thing is that all this data, as of 2011, is nearly 9 years old. If the author writes a revised version of this book I would be one of the first to purchase it. I am currently reading through the information available at the Brain & Behavior Research Foundation: [...]

I have a Bipolar son and a Schizophrenic step-son and I have read both of Dr. Torrey's books on both mental illnesses. These books inform you on a lot of issues your regular mental health doctors don't know or understand themselves. It includes why things are happening and what questions to ask your doctor. If you need to know why? Dr Torrey's books will let you know in a way that it is easy to understand.

This book offers the detailed, specialized information that people with bipolar disorder, their families, and the professionals who serve them need to manage this complex, devastating illness. I use it as a resource at the mental health clinic where I work and in my own life. I recommend this book to anyone seeking information on manic depression.

I bought this publication for a friend who is suffering symptoms of depression. It was recommended to me by a professor of Social Work as a preferred reference.

MY DR. SAID THAT DR. TORREY IS ONE OF THE BEST SOURCES OF INFORMATION ABOUT BIPOLAR DISORDER. I AM NOT DONE READING THE BOOK BUT FROM WHAT I HAVE SEEN SO FAR IT IS AN EXCELLANT RESOURCE.

This is a book I wish no one had to read, but for those of us who have a loved one suffering from

manic depression, this is the absolutely essential read. There are some parts of it, concerning various studies and statistics, which aren't really germane to what we, as family members, need to know about the illness, but the bulk of the work is tremendously helpful. We are given the symptoms of the illness, in all of its varied forms, and quite importantly, the current medications are thoroughly discussed, with all of their helps and hindrances, including side effects and interactions with other drugs. It's not an easy book to read, but I don't mean that in the comprehension sense: in that way, anyone can read and understand. It's just that manic depression is such a terrible illness, not only on the person who has it, but on all those around that person who love him or her and try to be helpful. When you read some of the small case studies, and also learn about some of the very tragic situations for those afflicted, sometime you just want to close the book and cry for awhile. However you get through this book, it's essential that you do, for it can only improve everyone's understanding of this illness, and hopefully enable the rest of us to cope with, and love unequivocally, our ill family member. More than any drug or treatment, I truly believe that love and unconditional care from us is essential. It's not a cure, but it will help.

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Good Mood Bad

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