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Bipolar Disorder: A Guide for the Newly Diagnosed (The New Harbinger Guides for the Newly Diagnosed Series)

Janelle M. Caponigro MA, Erica H. Lee MA, Sheri L Johnson PhD, Ann M. Kring PhD

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Bipolar disorder is not only one of the most difficult mental health issues to treat, but also one of the most stigmatized and misunderstood. For these reasons, a diagnosis of bipolar is a major turning point in a person's life. *Bipolar Disorder: A Guide for the Newly Diagnosed* helps readers process their diagnosis, decide who to tell, and discover the treatments and lifestyle changes that can help manage their symptoms. This book offers hope and support for the newly diagnosed without overwhelming them with extraneous information. The book covers workplace issues, how to become aware of bipolar triggers, how to find support, working with the treatment team, and dealing with the fear and stigma surrounding the diagnosis. Anyone who has been diagnosed with bipolar will appreciate having this easy-to-use reference at hand to help them understand more about the condition.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

This book is a part of New Harbinger Publications' *Guides for the Newly Diagnosed* series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life.

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