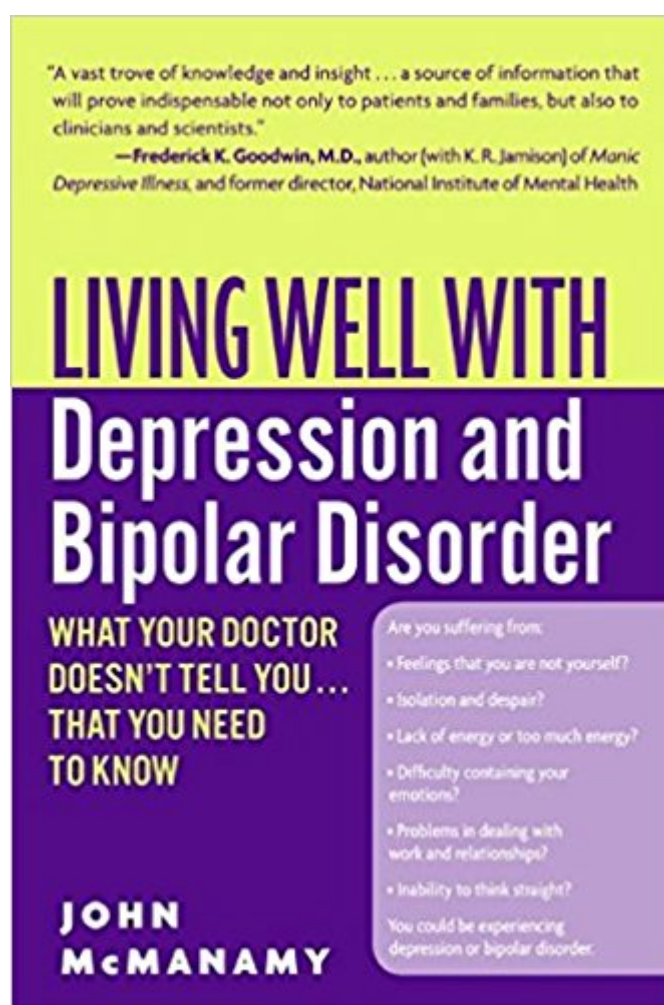


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# Living Well With Depression And Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need To Know (Living Well (Collins))



## Synopsis

Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In *Living Well with Depression and Bipolar Disorder*, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: Diagnosing the problem Associated illnesses and symptoms Treatments, lifestyle, and coping The effects of depression and bipolar disorder on relationships and sex With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, *Living Well with Depression and Bipolar Disorder* will help sufferers begin to reclaim their lives.

## Book Information

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## Customer Reviews

“This book belongs in the hands of every person who has suffered from depression or bipolar disorder.” (Amy Weintraub, author of *YOGA FOR DEPRESSIONS*) “Anyone who has ever been diagnosed with a mood disorder, depression or bipolar disorder, really needs to read this book (Colleen Sullivan, Owner, Bipolar World; <http://www.bipolarworld.net>) The reader takes a journey with a wise and compassionate guide who offers extremely clear information

and--equally important--hope (Demitri F. Papolos, M.D. and Janice Papolos, authors of The Bipolar Child)“[V]ery helpful for those affected by bipolar disorder and their families... I recommend the book enthusiastically.” (E. Fuller Torrey, MD, co-author of Surviving Manic Depression)“If you read only one book about bipolar disorder, make it this one...an instant classic.” (John Gartner, author of The Hypomanic Edge: The Link Between (A Little) Craziess And (A Lot) of Success In America)“I doubt there is a person in the world who knows these conditions better, inside and out, than John McManamy.” (S. Nassir Ghaemi MD, MPH, Director, Bipolar Disorder Research Program, Associate Professor of Psychiatry and Public Health, Emory University)“Manamy brings together his outstanding reportorial skills, his great gift for language and his remarkable insights about his own disorder.” (Ellen Frank, Ph.D., Professor of Psychiatry and Psychology, Western Psychiatric Institute and Clinic)“I hope this book gets the attention and acclaim it deserves. In a crowded field, it stands out.” (Anne Sheffield, author of DEPRESSION FALLOUT.)“The perfect book for those of us living with mood disorders...up to date, practical and helpful information.” (Sue Bergeson, President, Depression and Bipolar Support Alliance)“Mental health advocates have a new Bible! Journalist John McManamy’s book offers readers sound advice about managing severe mental illnesses.” (Pete Earley, author of CRAZY: A Father’s Search Through America’s Mental Health Madness)

John McManamy is the publisher of the award-winning McMan’s Depression and Bipolar Weekly and the Web site McMan’s Depression and Bipolar Web.

Loved so much I bought twice, gave one as a gift

This book is very helpful for the person with bipolar.

Living Well with Depression and Bipolar Disorder is exactly what you would expect from John McManamy, a fellow traveler whose online newsletter and website pulls together the latest research into plain language. McManamy’s access to the top researchers and practitioners makes this book invaluable. His writing style makes the topics accessible to the ordinary person. Bipolar entered my life nine months ago as a mysterious and frightening disorder. Far more than any doctor, McManamy’s website helped me understand what was happening, especially with regard to the different medications, their risks/benefits, and the wide range of non-medical treatments like

managing sleep patterns and exercise. Now McManay has brought together the best of his website into a info-packed paperback. I appreciated reading throughout the book the experiences of people from all walks of life. It is heartening to know you are not alone. I now have another tool to live well despite the challenges of these disorders. My pdoc, who stays on top of the medical literature, was impressed with the breadth and depth of McManamy's research. I highly recommend this book to anyone dealing with these disorders, health care practitioners, and friends and family.

I highly recommend this book to both those newly diagnosed with depression or bipolar disorder and those who have been living with these conditions for years. The author takes a middle approach and discusses both traditional medications as well as alternative treatments, making it a good starting place. It is highly readable, with stories from fellow sufferers sprinkled throughout, but also contains the latest scientific research as of publication. Most of the book remains current and the author's website has updated information.

A book written by one of us. Bipolar. Nearly all other authors seem theoretical, intellectual, re-quoting another work, dry, uninspired. This one has our sense of humor, our pain, our fear. He also knows what works, and what to do when medical science has given its all and you still do not have a LIFE. Also he has a ongoing website. This is not a book, its a beginning when you though you reached the end.

McManamy's book is easy to read, clear, well-written and packed with content. The author knows his audience. After years of depressions and other episodes, at age 49, he finally got the right diagnosis - bipolar disorder! His personal struggles taught him which roads lead to recovery. Now he shows us the way. He addresses the benefits and the risks of the standard treatments for depression, anxiety and bipolar disorder and he introduces new research, as well as complementary and nutritional treatments which can restore normal brain chemistry. Few books written for laymen mention the practice guidelines of psychiatry. This one does - throughout. McManamy doesn't just trust meds and more meds. He knows that powerful brain pills help but they also cause problems for some patients. If you are looking for information and hope to live well with your "perfect mental storms", you will love this book! review by Robert Sealey, BSc, CA author of Finding Care for Depression, Mental Episodes & Brain Disorders

One of the best books I have ever read on bipolar disorder. I got it not only for myself, but also for

my daughter (who has major depression) and my father. The author is informative and easy to read. Yes, he does use some technical terms, but only as needed. This is essential reading for anyone who has depression or bipolar disorder, as is Kay Redfield Jamison's "An Unquiet Mind"

I was fortunate to have found the author's newsletter serendipitous while doing an internet search in 1999. Reading his reporting over the years has helped my abilities as an advocate and played a key role in my recovery. The mental health community is very fortunate that a professional journalist decided to use work skills in processing his own recovery, and then elected to stay in mental health developing an uncharted career path. His newsletter, website and blog have benefited countless mentally ill. This book will play a pivotal role in recovery for many more and will soon become an asset for mental health professionals who will now finally have an answer when patients ask, "What book should I read?" Harper Collins was brilliant in choosing John as their mental health author for their highly acclaimed "Living Well" book series: [...] well Enjoy reading John's book and incorporating "our" journalists writing into your recovery. For those of us who have benefited from reading John's information over the years we finally have a book to recommend as a resource to those creating their own journey using "knowledge is necessity" in living well with their mental illness. Consumers and loved ones rejoice that intelligent, logical content has arrived in book format. This is the personal mental health library book that will stay at your fingertips! If you want to give yourself, or your loved one, a mental health gift that will keep on giving --- this is it!

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