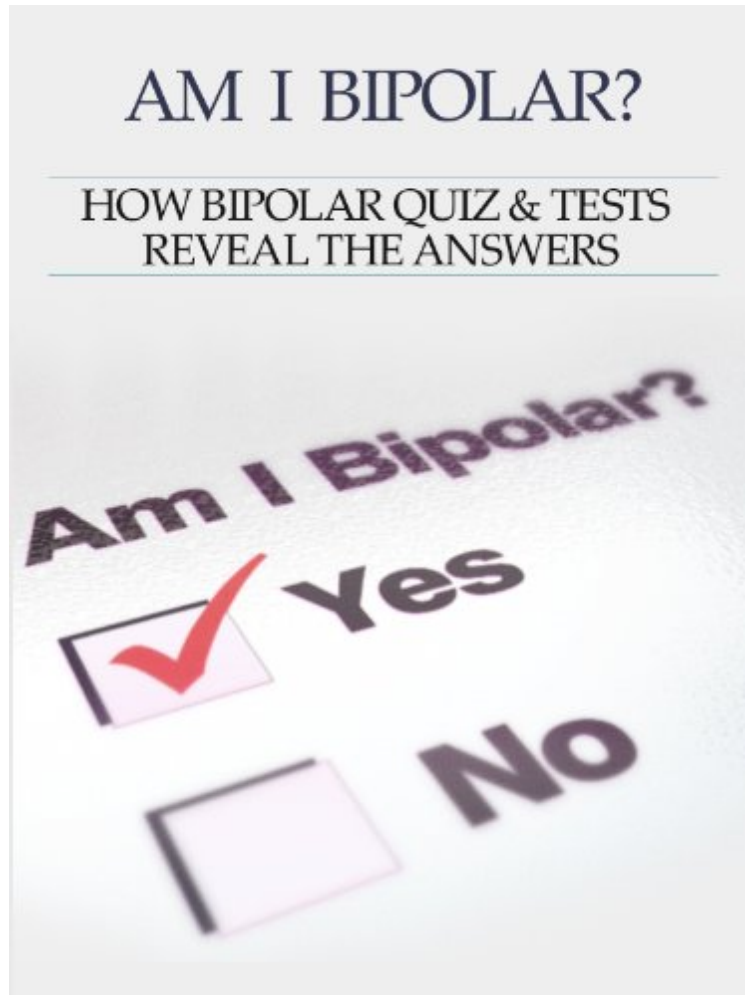


# Bipolar Disorder :Am I Bipolar ? How Bipolar Quiz Tests Reveal The Answers

Heather Rose

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**Heather Rose : Bipolar Disorder :Am I Bipolar ? How Bipolar Quiz Tests Reveal The Answers** before purchasing it in order to gage whether or not it would be worth my time, and all praised Bipolar Disorder :Am I Bipolar ? How Bipolar Quiz Tests Reveal The Answers:

2 of 2 people found the following review helpful. Excellent PrimerBy Ginae B. McDonaldI am somewhat in the dark as to the focus of this book. Is the focus on discovering your possible bipolar disorder status, diagnosing bipolar's or diagnosing aids to discern such status.Regardless, I would still recommend this book for anyone who knows someone who has this diagnosis as the one thing that we want most is to be understood. The book is a good primer for that, if for no other reason, than, you needn't read for endless years to finish the information provided.You can talk about yourself and this medical status. But, most people just don't get it. They don't understand a typical day for us, our irritability and so many other aspects of this illness. I wish they did.DISCLOSURE: While I did receive this or these

item(s) for free or at an extreme discount in consideration of this review, my opinions still belong to me and are not and never have been, for sale to anyone. 2 of 2 people found the following review helpful. Are you bipolar? This book will not tell you if you are or not. By Terreciel I have bipolar disorder so I was especially interested in how this book presented the topic. While there are bits of truly useful info in this book, it's written like a high school term paper. There is MUCH repetition. Most of it is written at an easy-reading level but then bits of complex terminology are tossed in without definition (or attribution), as if the author simply copied a line from an actual scientific article about bipolar disorder. Ms. Rose repeatedly states how difficult it is to diagnose bipolar, how it presents itself differently in different people, but then says there are easy tests to take to self-diagnose. The title itself is misleading. I expected there to be an actual quiz in the book, but there are only references to several online tests without links to any of them. I like her plain language, which is accessible to folks without advanced medical degrees. I think this is a topic that could use a book like this. But this book needs severe editing, like cutting out half of it to eliminate the repetition, and then adding more info to make it truly useful as a guide to defining bipolar disorder. I received this book at a discount or for free in exchange for my honest opinion. 2 of 2 people found the following review helpful. Very Enlightening! By Sissie My mother is was diagnosed as Bipolar about ten years ago, and since then I have become slightly obsessed with learning as much as I can about this debilitating mental disability. It is quite challenging having to live with someone who is Bipolar and learn to shoulder the storm as they are having their highs and lows. When I was a kid, I never could understand some of my mother's behaviors. Now that I know what's going on, I look back and understand completely (well as much as I possibly can without having suffered being Bipolar myself). This e-book is very enlightening and a surprisingly quick read. I have a degree in psychology and I think it to be a bit simplistic as opposed to my extensive education. However, for normal people who have not taken abnormal psychology and studied behavior this book provides some great information in an easy to read format. I think I am going to pass this book over to my oldest daughter so that she can gain a better insight into what her grandmother goes through on a daily basis. Very well done.

What is bipolar disorder? Bipolar disorder also commonly referred to as the manic depressive disorder, is a brain illness that is associated with abnormal mood swings, activity and energy levels as well as the ability of the affected person to perform normal daily activities. It can range from the lows of depression to the highs of obsession. As a result of the depression one may lose pleasure or interest in a lot of the activities and end up hopeless or sad. Whereas your mood may swing into obsession one may feel full of energy or euphoric. The symptoms of this condition are severe, and are quite different from the normal mood swings you undergo through from time to time. These symptoms may result to poor performance in the work place, poor performance in school, suicide or damage your relationship. However, it is important to note that bipolar disease can be treated and those suffering from it may regain their normal productive lives. This condition is very common in early adults and late teens. Although some people develop early signs during their childhood many develop its signs late in their life. Symptoms of bipolar disorder People suffering from this disorder often experience abnormal severe emotional states periodically. One may experience a joyful period for sometimes and later the mood may change to a depression or an obsession period. Another common symptom is the severe changes in activity, behavior, sleep or energy levels that are associated with the mood swings. If you suffer from this condition you may experience periods of hopelessness, loss of pleasure and interest in different activities including sex. Other behavioral changes that are common include irritability, restlessness, poor concentration, poor memory; thinking about death, problems sleeping and one is easily distracted. Test For Bipolar Disorder The first step during test is a physical examination conducted by talking to a doctor, it involves an interview as well as laboratory tests. This disorder cannot be identified through a brain scan or a mere blood test, however, these tests are essential in ruling out other causing factors such as brain tumor or stroke. If bipolar disorder is not caused by other illnesses then the physician may conduct a mental health examination. The doctor checks on any bipolar disorder history in the patient's family line. The test has to be conclusive to avoid mistaking it for the common unipolar disorder which is a major depressive disorder where the affected don't experience obsession. Treatment Of Bipolar Disorder Currently there is no cure for this condition; however different treatments are administered to help those suffering from this condition to gain much better control of their mood changes as well as the related symptoms. Bipolar disorder is long term and recurrent therefore an efficient maintenance treatment plan should be used. This treatment plan involves psychotherapy and other medication is essential in preventing relapse as well as minimizing the severity of its symptoms. Since different people respond differently to medication then different medications may be used to treat this condition. Among these medications include mood stabilizers, lithium, valproic acid as well as other anticonvulsant medications.

About the Author Heather Rose has written on a myriad of topics which have all sold quite successfully and now she has opted to focus on preparing great information on anxiety and depression help. Heather is aware of the numerous problems anxiety, depression and phobias attacks has on their silent sufferers and seek to boil down the essence of how you can control these attacks easily and naturally now. Each book will detail the key features on how the reader

can implement easy strategies in their real life in order to stop their anxiety and depression attacks. It was well received by her clients.