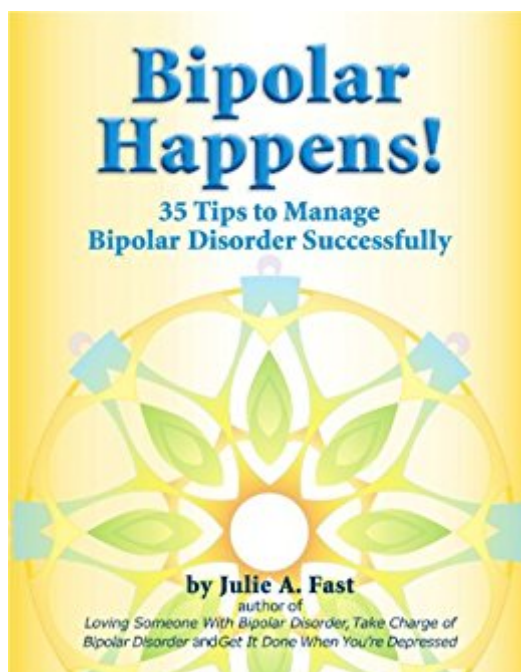


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# Bipolar Happens! 35 Tips And Tricks To Manage Bipolar Disorder



## Synopsis

Bipolar Happens! provides 35 inspirational tips for those with bipolar disorder as well as invaluable information for those who care about a person with bipolar disorder. Written with a very funny and riveting honesty as only a person with the illness can do, Bipolar Happens! offers practical knowledge and deep insights into what it is like to live with bipolar disorder. Compelling, insightful and never afraid to tell the truth, many of Julie's readers credit this book as being their personal catalyst for change. "When I read this book I actually felt that someone really understood me, and it made me feel hope for the first time since my diagnosis. I didn't know what it meant to be psychotic or why I got overwhelmed a lot in crowds. I learned how to manage mania much better than in the past. And now I can see that I'm not the only one who wakes up with depression. Julie is funny and so willing to say what many people won't. This book talks about the stuff we go through that never gets put into books. The book is like reading fables. It's not overwhelming, but you really learn a lot."

## Book Information

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## Customer Reviews

I wish I could give this book a higher rating, but in all honesty I can't. As someone who has bipolar disorder, I was a bit disappointed with the author's take on how to combat common issues we bipolar peeps deal with. I can tell she understands what it's like to struggle with this illness, and there were a few good insights I took from it, but a lot her advice went like this: "When [you feel this way/this happens to you/you want to react a certain way] JUST [ask yourself something first, don't react but think about it first, remind yourself how blessed you are...]" blah blah blah. Seriously? This is her advice? "Just" be more positive? "Just" think before you act? When you struggle with this illness, in those really bad times, whether it's depression or manic-related, "just" thinking happy thoughts, etc. has no meaning. You are not generally ABLE to think rationally, and her advice, from what I understood, is given from a rational perspective. There are many times when thinking rationally while depressed and/or manic is pretty much impossible. So, no, I would not recommend this book, ESPECIALLY to those who know someone with bipolar disorder and are trying to understand what they go through.

I have a very similar diagnosis to Julie's and saw a lot of myself in this book. It's great for a pep talk and I am happy for Julie that she was able to turn her illness into a means of education and wellness. I'm not there myself but working on it, and enjoyed the read though I was able to outspend her considerably! Only costing \$5000 was not much when many bipolars spend into the hundred thousands! Julie's personal experiences comforted me and it's important to give yourself permission not to get sucked into things by other people when you're just not ready to handle them. Thank you Julie. 5 stars.

I was in great need of this book when I found it. Julie really 'gets' bipolar and her way of shining light on the illness gave me the ability to reason out some of the symptoms and saved my life. The very best I learned was... It isn't me, it's the Bipolar.

I think that Biopolar depression should be explained better. People do not understand how devastating this disease can be. It is a real struggle going through everything that occurs. Thank goodness that they are finally starting to share more information about depression.

I'm creating a Bipolar Safety Plan which I will distribute to my family and my doctors. I know my triggers and I know my early warning signs so those sections of the plan were easy to fill out. However, the next section asked me, "What to you do to help you 'ground' yourself when you're

entering a manic episode?" The second part of that section asked, "what do you do to take care of yourself when you're entering a depressive episode?" I did not know how to fill these sections out. I make a special appointment with my Psychiatrist right away. I inform my family as well. But I do not know of any "behavioral" means to manage episodes. By it's title, I thought I might be able to learn useful methods of managing episodes beyond medication adjustments. This book did not add to my body of knowledge but I have found other techniques on the internet. There are meditations, mindfulness exercises and breathing techniques that can help one create energy and nurture a more positive outlook when one is depressed. There are also meditations, mindfulness exercises and breathing techniques that can reduce energy and nurture a more balanced outlook when one is manic/hypomanic. To be effective, I think any method one chooses needs to be used as soon as one is starting to enter an episode. When an episode is in "full swing", I do not think it is easy for one to address the episode with techniques without outside guidance.

Being bipolar I have to say all people are different and not all things work for all bipolar people. This book had some things that applied to me and some good suggestions. It was well written, easy to read and understand. I did pass it on to one of my bipolar children hoping it would also be beneficial to him

I laughed when I read this short book as I suffer from Bi-polar 1. I pulled a muscle in my side I was laughing so hard. It felt good to know I'm not alone. It's also educational for family members of bi-polar people to better understand the disease. I hope my side feels better soon. Lol!!!

As a parent of an adult bi-polar sufferer, I thought the book had excellent advice on how to get beyond the crippling negativity of bipolar thoughts. Although someone can't always overcome the negative thoughts that overwhelm them, at least the book affirmed that constantly insisting that these thoughts are not true will eventually result in a power over the thoughts. My son also read this book and is trying to incorporate the ideas in his life. Julie Fast has such a positive attitude but comes from a real battle with all things bipolar.

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