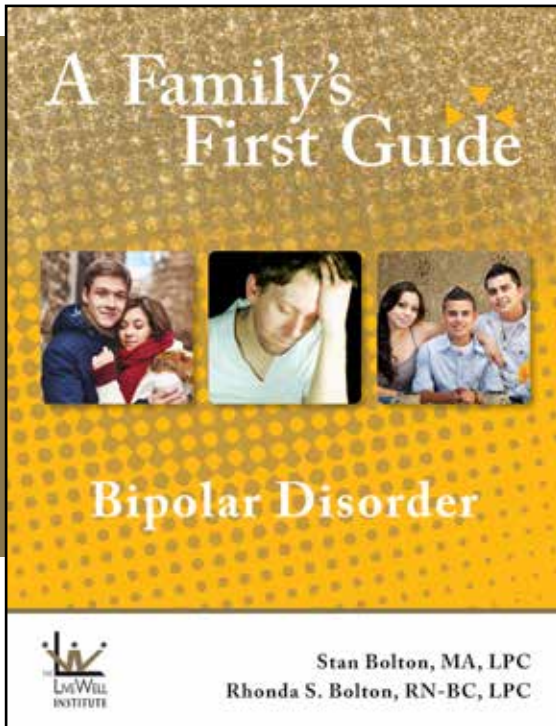




Bipolar disorder challenges your loved one – and your entire family

Here's how to make life better for everyone



Up-to-date and realistic strategies for families whose loved one has bipolar disorder.

Ready-To-Use Tools

- Records you need to keep
- How to deal with denial
- Costs to expect (and how to cover them)
- Guide to bipolar medications
- Developing a treatment team and plan
- How you can cope and destress
- Strategies for managing difficult behavior and monitoring moods
- *And much more!*

Authors:

**Rhonda Bolton, RN-BC, LPC
and Stan Bolton, MA, LPC**

each have over 30 years of professional experience counseling patients with bipolar disorder and their families.

Pathway To Stability

Step by step, *A Family's First Guide: Bipolar Disorder* helps you help your loved one in becoming and staying stable. You'll learn how to help your family pull together and cope with the significant emotional, financial and long-term health consequences of this lifelong illness.

Build A Practical Action Plan

Don't feel overwhelmed! Just follow the workbook to understand the diagnosis and take the right actions – from putting therapy, medication and insurance in place to dealing with family dynamics and creating an emergency plan when depression or mania seem to be spiraling out of control.

Set Up Records & Resources

With its workbook format, *A Family's First Guide: Bipolar Disorder* combines valuable reference material on medical, financial and advocacy resources. Plus, it gathers vital information you add about medications, mood monitoring, contacts, emergency plans, your own coping strategies and more.

Immediate, Sensible Help

In plain English, this workbook delivers realistic answers for the concerns you need to address *right now*. Unlike other books that focus exclusively on the bipolar patient, this guide also deals with how the disorder affects the patient's family and friends. You'll learn sensible techniques that help you take good care of your loved one, your family *and yourself*.

Available on **amazon.com** \$19.95

Bulk discounts available from The LiveWell Institute
www.thelivewellinstitute.com