



# Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder

By Elizabeth Brondolo, Xavier Amador

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## Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder

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### Take control of your symptoms--and take charge of your life

If you're dealing with bipolar disorder, you already know that it's more than a cycle of "ups" and "downs." You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder and helps you:

- Identify your symptoms
- Explore your treatment options
- Stabilize your moods
- Sharpen your mind
- Achieve your goals

This isn't a one-size-fits-all guide. It's a uniquely personal approach to your bipolar disorder that covers the full spectrum of the disease and its symptoms. You'll be able to find successful ways to regulate your moods, relieve your stress, improve your thought processes, and break the bipolar cycle--for a happier, healthier life.

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### Editorial Review

#### About the Author

**Elizabeth Brondolo, Ph.D.**, is a clinical psychologist specializing in bipolar disorders. She has been practicing in New York City for more than fifteen years. She is a nationally known researcher in stress and health and a professor at St. John's University.

**Xavier Amador, Ph.D.**, is a clinical psychologist who was on the faculty at Columbia University Medical School for fifteen years. He is a nationally known researcher on bipolar disorder and schizophrenia, the author of *I Am Not Sick, I Don't Need Help*, and past director of research at the National Alliance on Mental Illness.

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