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The Bipolar Relationship: How To Understand, Help, And Love Your Partner

"People with bipolar disorder do better when they have support from family members and friends. Those whose loved ones are involved and supportive tend to recover more quickly, experience fewer manic and depressive episodes, and have milder symptoms."

—helpguide.org

The Bipolar Relationship

How to understand,
help, and love
your partner



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Synopsis

Bipolar is a condition that affects peoples' relationships with others as much as it affects their own mental state. When one person in a couple is experiencing the extreme highs and lows of a disorder like this one, it's impossible for their partner not to feel the strain too. Reassuring yet realistic, Dr. Bloch, Dr. Golden, and Nancy Rosenfeld explain what's normal, what's not, what might change, and what definitely won't. They provide information and advice on typical troubling relationship topics, such as: Communication, Trust and loyalty, Family planning, Finances, Sex, Maintaining a sense of self. By understanding the reality of bipolar and what it means for a relationship, couples will relate to each other better today and plan for a successful future together tomorrow.

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Customer Reviews

This book is for anyone who has a Bi-Polar significant other, Child, parent or friend! I cannot underestimate how valuable this book has been to my family. My Husband and Brother both have Bi-Polar, my husbands is very well managed overall, but this book had a LOT of valuable insight

and precautionary steps that we have now made. I have also given copies of it to my parents who have found it extremely helpful in dealing with my younger brother who was recently diagnosed. My husband who was diagnosed prior to us meeting has read many books on the subject and he was surprised to find that this one, meant not for the person with Bi-Polar, but for the person who loves them, to be the most helpful of all the books he read. If you have someone with Bi-Polar in your life, Even if just a friend. **BUY THIS BOOK!**

I've made multiple attempts to get into this book. My first problem was the number of times the author was, explicitly or implicitly, instructing the reader to treat their bipolar partner as one would a wayward child. The overall tone of this book is quite condescending towards the bipolar individual. When I searched the table of contents and the index for any mention of relationships between two bipolar individuals (since that was my personal interest in the subject), I found none. I'm pretty sure that I'm going to throw this book in the trash, since it's one less copy that other people have to endure.

As a novice on the subject, this is a good place to start. A little outdated, but a good primer for the road ahead as the spouse of someone with bipolar 2. I didn't like the alternation between him and her from one paragraph to another. I found it distracting. I understood its use. I just didn't like it.

There was a lot of good practical information in this book, and a lot of it is common sense woven into a more scientific understanding of bipolar disorder. It is informative without being overly technical or scientific. The true stories interjected throughout as illustrations of the principle or concept provided in each chapter are helpful to put things into a "real life" perspective. I personally would have liked more information or discussion on coping and supporting a partner who is resisting diagnosis or non-compliant with treatment. The book, in my opinion, seems to lean toward these as being certain "deal-breakers" of the relationship, when in fact for me personally they are not. Aside from that, I felt it was well worth the price in terms of giving a good overview of the illness and how it relates specifically to the non-bipolar partner, who will at times, per the book and my own experience, feel as if you too have the illness as closely as it impacts your own life. It does highlight that a fulfilling relationship is very possible with a partner who has bipolar disorder, and I find this to be true from my own experience as well.

I hope you find my review helpful. If you are bipolar and in a relationship or have a bipolar partner,

then I think this book will be helpful. I've been in a bipolar relationship with my girlfriend for almost 5 years. I almost lost her a month or so ago while she was experiencing a manic episode, that is what prompted me to buy this book. I had no plan and little resources to help her stay safe and help my own fears. As our relationship is now on the mend, this book helped me to develop a plan and improved my understanding of her condition. It put things on perspective as ALL relationships have challenges and all people need compassion and love. I got a dose of hope and a jolt of reality from this book, but my hope is greater than my fears. For me and my girlfriend the pluses have always outweighed the minuses, if this is the same for you then this book may help you get the tools you need to keep your relationship mostly healthy and happy. I hope you succeed in your relationship, good luck.

This Book is probably one of the best I have read on Bipolar my husband is Bipolar and this book described him very well it helped me a lot to know it wasn't me ,also it helped me to understand him a little better why he behaves as he does .Thank you .

so far what I have read is very useful, when I do find something of interest pertaining to our relationship, I share it with my husband

I am finding this book very helpful in dealing with my husband's recent diagnosis. Parts of the book could have been written specifically about my situation. The author is very knowledgeable about the subject and offers constructive advice.

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