

BREAK THE BIPOLAR CYCLE A DAY BY DAY GUIDE TO LIVING WITH BIPOLAR DISORDER



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

Break the Bipolar Cycle A DAY-BY-DAY GUIDE TO LIVING WITH BIPOLAR DISORDER Elizabeth Brondolo, Ph.D., and Xavier Amador, Ph.D.

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This book is a great tool to refer to when things are going well and when things are not going so well. A person with bipolar disorder could refer to this book time and time again. I bought a used copy of Break the Cycle for a bargain price. Break the Bipolar Cycle arrived in great condition for a used book.

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Frequency of Bipolar Cycles. The frequency and duration of cycles are as varied as the individuals who have them. A study in 1992 found that 35 percent of people with bipolar disorder had only one cycle in a 5-year period, while 1 percent of the same group went through a complete cycle about every 3 months.

How Often Do People With Bipolar Disorder Cycle?

These episodes (changes) usually last at least a week and affect the way a person thinks, feels and acts. The symptoms can interfere with relationships, activities and day-to-day living. Most people who develop bipolar disorder will have experienced some symptoms by the age of 25.

Bipolar disorder - headspace

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