

Books about Bipolar Disorder for Individuals and Families

based on the recommendations of Irwin S. Rosenfarb, Ph.D.

The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know

by David J. Miklowitz, Ph.D.

“the book I would most recommend”

The Bipolar Workbook: Tools for Controlling Your Mood Swings

by Monica Ramirez Basco, Ph.D.

“much more of a how-to-do-it book, lots of useful exercises”

Living with Bipolar Disorder: A Guide for Individuals and Families

by Michael W. Otto, Ph.D.

“also an excellent book”

When Someone You Love Is Bipolar: Help and Support for You and Your Partner

by Cynthia G. Last, Ph.D.

“written by a clinical psychologist who also has bipolar disorder”

An Unquiet Mind: A Memoir of Moods and Madness

by Kay Redfield Jamison, Ph.D.

“an excellent memoir of what it is like to have bipolar disorder”