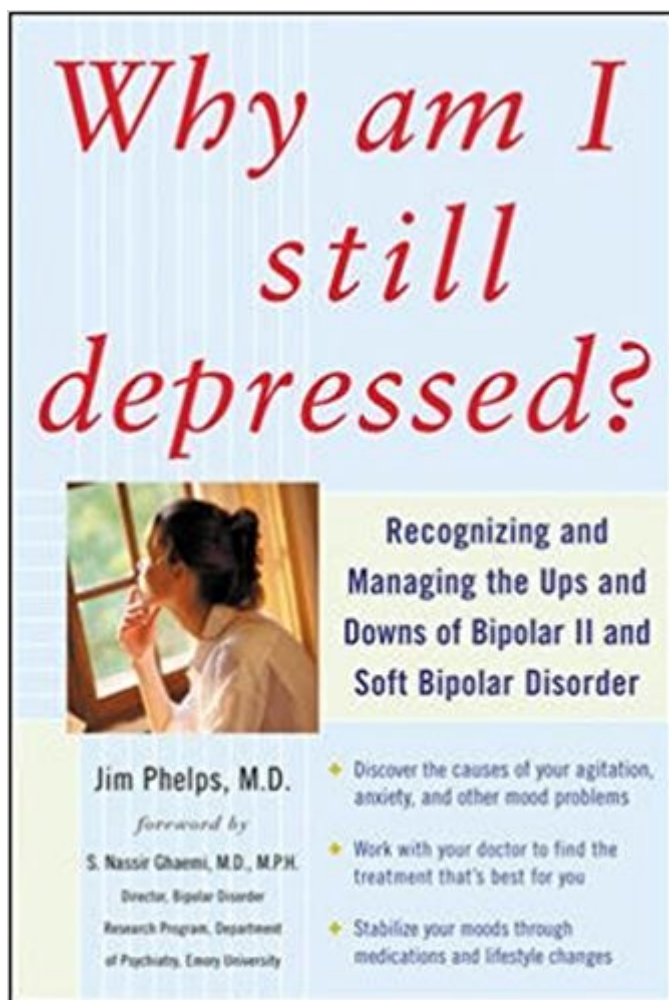


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# Why Am I Still Depressed? Recognizing And Managing The Ups And Downs Of Bipolar II And Soft Bipolar Disorder (NTC Self-Help)



## Synopsis

Tried everything but still not feeling better? If your depression keeps coming back or is even getting worse, then you may be suffering from bipolar II or “soft” bipolar disorder.

Commonly misdiagnosed, these mood disorders are characterized by recurring bouts of depression along with anxiety, irritability, mood swings, sleep problems, or intrusive thoughts. *Why Am I Still Depressed?* shows you how to identify if you have a nonmanic form of bipolar disorder and how to work with your doctor to safely and effectively treat it. Author James R. Phelps, M.D., gives you the latest tools and knowledge so you can:

- Understand the Mood Spectrum, a powerful new tool for diagnosis
- Know all your treatment options, including mood-stabilizing medications and research-tested psychotherapies
- Examine the potential hazards of taking antidepressant medications
- Manage your condition with exercise and lifestyle changes
- Help family and friends with this condition understand their diagnosis and find treatment

## Book Information

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## Customer Reviews

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work with your doctor to safely and effectively treat it. Author James R. Phelps, M.D., gives you the latest tools and knowledge so you can: Understand the Mood Spectrum, a powerful new tool for diagnosis Know all your treatment options, including mood-stabilizing medications and research-tested psychotherapies Examine the potential hazards of taking antidepressant medications Manage your condition with exercise and lifestyle changes Help family and friends with this condition understand their diagnosis and find treatment

James R. Phelps, M.D., has been practicing psychiatry for more than fifteen years and specializes in treating bipolar disorder. He speaks on bipolar disorder throughout the Pacific Northwest. Dr. Phelps has authored journal articles for American Journal of Medicine, Academic Psychiatry, Journal of Affective Disorders, and Academic Medicine. For more information visit his website [PsychEducation.org](http://PsychEducation.org).

Read the book from start to finish in two sittings. Simple and clear education about my disorder. Uncovered symptoms which I thought were just me and I am now able to manage them, making my life and the lives of the people closest to me much better. Bipolar and mental illness is incredibly complicated, yet Jim seems to make it simple even though there is an incredible amount of detail. No one wants to be sick, but if you are this book has tools on how to get well (manageable symptoms as there are no quick fixes) and manages to give a little hope that all is not lost. It's in my opinion that not exercising is incredibly foolish in the realm of mental illness, since being diagnosed I am the fittest I have ever been in my life and it makes a world of difference. There are some easy ways to start exercising in the book. If you don't find something useful in the book I would be very surprised.

This book was recommended by my psychiatrist, and it proved to be a very useful resource. This book helps you learn more about the different kinds of Bipolar and their symptoms, allowing you to make a truly informed decision about whether it affects you or not. Although there is no substitute for professional medical advice, YOU are truly the best one to make medical decisions for yourself - and this book empowers you to do just that. This is a four star review because the book, although being very informative, seems to take awhile to get to the point. There were several parts I skipped over.

This book helped clear up so much for me as a patient with atypical bipolar, regarding why antidepressants aren't always the magic bullet we are hoping for. It's easy to treat mania, but

depression, not so much. This book is very, very well researched and has a great list of references. Again, not the breezy self-help book that you might think it is from the title -- but definitely written for the lay public. Too bad the cover isn't more professional. This book answered a lot of my questions and cleared up what my psychiatrist has been trying to tell me for two years, during which time I assumed he didn't care how depressed I get, as long as I'm not manic. Highly recommended.

Author points out that reading descriptions of depression as a "black hole" from which you can't even reach out to pick up a remedy might make people think they're not clinically depressed at all. While descriptions of bipolar mania which focus on euphoria and psychotic thought may make people dismiss the idea that they are bipolar. Good discussion of milder symptoms and good discussion of the remedies available, including exercise and supplements. Also goes into the various prescription drugs available and their side effects. Simple explanation for people without medical training.

Very thought provoking and informative

Yes! Buy this! Worth the Money!

This book really helped me and my partner understand what Bipolar II is and how it relates to her earlier diagnosis of depression. We had always suspected Bipolar instead of depression and her psychiatrist had moved to that diagnosis recently, and this let us understand why and what it meant for us. To me the book was a balanced viewpoint that matched what we had already learnt in practice but filled in a lot of details we didn't know. It's also helped my partner through the stage where she has to go off anti depressants and on to mood stabilisers, but the mood stabilisers haven't yet kicked in and she feels so down that she's convinced it's pure depression, until we go over the information on symptoms and how to treat Bipolar. A very helpful book

If you or a loved one suffer from depression, anxiety, racing thoughts or bouts of agitation that don't go away or recur you must read this book. Dr. Phelps is a shining star in what is, unfortunately, too often the dim twilight of mental health support. This book provided needed perspective and helpful advice on virtually every page. Mood spectrum disorders are not well understood by many practitioners. They, too often, provide old thinking and a lack of real world practical advice. You'll find this book chock full of valuable perspectives and advice. Dr. Phelps provides all the info you

need on medications, therapies, as well as a complete wholistic view including non medical/non therapy solutions underlining the value of sleep, daily rhythms, diet and exercise. I can't tell you how much this book helped our family

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