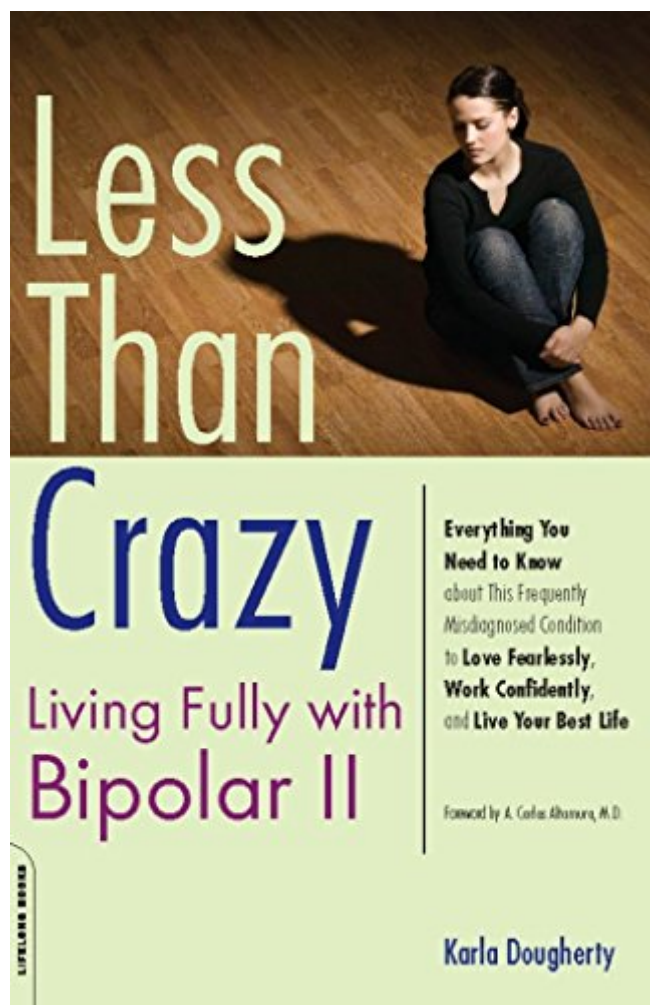


The book was found

# Less Than Crazy: Living Fully With Bipolar II: No. 2



## Synopsis

Bipolar II is a form of bipolar disorder in which a person, when in a manic cycle, is crippled by anxiety, irritability, and highs just intense enough to be embarrassing. Instead of being the life of the party, someone with Bipolar II might be too nervous to go to the party at all. And, unlike the Bipolar I sufferer who may attempt suicide in a depressive cycle, the Bipolar II might be incapacitated by guilt over an imaginary crime. In *Less than Crazy*, health writer and Bipolar II sufferer Karla Dougherty shares her story, presenting the first patient-expert's guide to recognizing and living well with this condition. Covering both adults and children, this accessible, all-in-one resource includes information on diagnosis, conditions that may mimic Bipolar II, and treatments.

## Book Information

File Size: 4100 KB

Print Length: 256 pages

Publisher: Da Capo Press (November 25, 2008)

Publication Date: November 25, 2008

Sold by: Hachette Book Group

Language: English

ASIN: B007UPDCNU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #72,553 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #50 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mood Disorders #142 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

## Customer Reviews

Best book ever written on the subject! Not much is written on Bipolar 2 and some things that are written (as in any book) are too generalized and forget that every person does not have every symptom. but this book is really good! I have never been able to get through a whole book on anything like this or any self-help book but this one is good enough that I have purchased it several

times to give to different people

I had just been diagnosed with bipolar II a few years ago and downloaded this book to see how others experiences were in relation to mine. I share many similar experiences to the author which helped to validate and understand my feelings and help me notice when my moods are out of whack. This book also gives some helpful tips on how to maintain creativity while on your medicine and other ways to take care of yourself as part of your daily regimen.

Its so great to read that there are others like you. I learnt more about my illness and found out that some things I have problems with are actually traits of bipolar. I am lending this to family and friends to help them better understand me. I cannot recommend highly enough if you or someone you know has been diagnosed with bipolar 2.

It helped me understand so much better and realize I was misdiagnosed for over 13 years Amazing I recommend it to anyone with bipolar 2 and there family

This book really helped bring light into what Bipolar II is and how to cope with it. There are numerous examples of what Bipolar I versus Bipolar II are and goes in depth of each. Highly recommend this book to someone new to diagnoses of Bipolar II.

As one who has bipolar disorder, I am always looking for books to help me and my family better understand this mood disorder. This book promised same, but instead of doing such, it further confused the diagnoses of I and II. This work concentrated on finding out if you're a "little" or a "lot" bipolar. As one who has suffered many years with this disorder, I could care less about this. I just wanted help understanding as to better manage bipolar. I would not recommend this book to anyone.

A wonderful overview on being bipolar 2 and I learned a lot about the disease and I can relate to everything the author is saying. This is one of the best books I read on the subject!

After being diagnosed with Bipolar II in March of 2009 I wanted to read more about it before proceeding with treatment. Less Than Crazy is one of the books I ordered and overall I got very little out of it. Dougherty's coverage of Bipolar II is very broad but an inch deep. The book is very easy to

read, but that comes at the expense of depth. The substance of the book is so general that you'll come away knowing more about Bipolar II from reading Wikipedia. First off, the author does a VERY poor job distinguishing Bipolar I from Bipolar II. Second, she makes an incorrect claim that Bipolar II is a "milder" or "watered down" version of Bipolar I. This is an INCORRECT statement unsupported by psychiatry literature and doctors themselves. Bipolar II is a different disorder that has some commonality with Bipolar I but has a range of symptoms unique to Bipolar II. There are many studies that suggest that suicide rate with Bipolar II is equal or higher to that of Bipolar I, so there is nothing mild about this illness. Third, the author basically glosses over the symptoms of Bipolar II, such as the deepest depression or the "mixed states," that torture so many of us Bipolar II patients. I found the personal stories she includes in the book too generic to relate to because they could describe people with a hundred other ailments, people having a tough moment in life, or just lousy personality. I have no more insight into what other people with Bipolar II go through after reading something like "Joe had an inflated sense of entitlement" or "Jane had a hard time getting out of bed." For readers completely unfamiliar with Bipolar II this may be an OK first read, but this is definitely NOT the book to rely upon if you are looking to truly understand Bipolar II.

[Download to continue reading...](#)

Less than Crazy: Living Fully with Bipolar II: No. 2 Hydroponics: How anybody can create a fully working hydroponic system in less than a week with only \$100 or less Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Understanding The Jesus Code: Unlocking Biblical Secrets So You Can Live Your Life Fully Alive (Living Fully Alive Book 1) How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine The 15-Minute Shotgun: A LEGAL 12-GA. SHOTGUN YOU CAN BUILD FOR LESS THAN \$10.00 IN LESS THAN 15 MINUTES Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Beautiful Bipolar: A Book About Bipolar Disorder Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Build Your Own AR-15 Rifle: In Less Than 3 Hours You Too, Can Build Your Own Fully Customized AR-15 Rifle From Scratch...Even If You Have Never Touched A Gun In Your Life! A Spectrum Approach to Mood

Disorders: Not Fully Bipolar But Not Unipolar--Practical Management Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips) I'm Not Crazy Just Bipolar I'm Not Crazy: A workbook for teens with depression and bipolar disorder Tiny House Living: Ideas For Building and Living Well In Less than 400 Square Feet Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)