



Friends and Family Bipolar Survival Guide

Mark Meehl, Debra Meehl

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This wonderful new book is designed specifically for the families and friends of people suffering from Bipolar Disorder (manic-depressive disorder). It looks directly -- and lovingly -- at the many ways in which the non-bipolar can be a pivotal factor in helping to guide the bipolar toward stability rather than to be a trigger for emotional breakdown. It reveals how traditional medical and psychological treatment for the bipolar, when coupled with a wholistic treatment plan and proven programs of relationship-based action, can dramatically improve the life of the bipolar as well as those of family members and friends. Most importantly, it is about creating strong, fulfilling and loving relationships that can lead from merely surviving to joyously thriving.

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