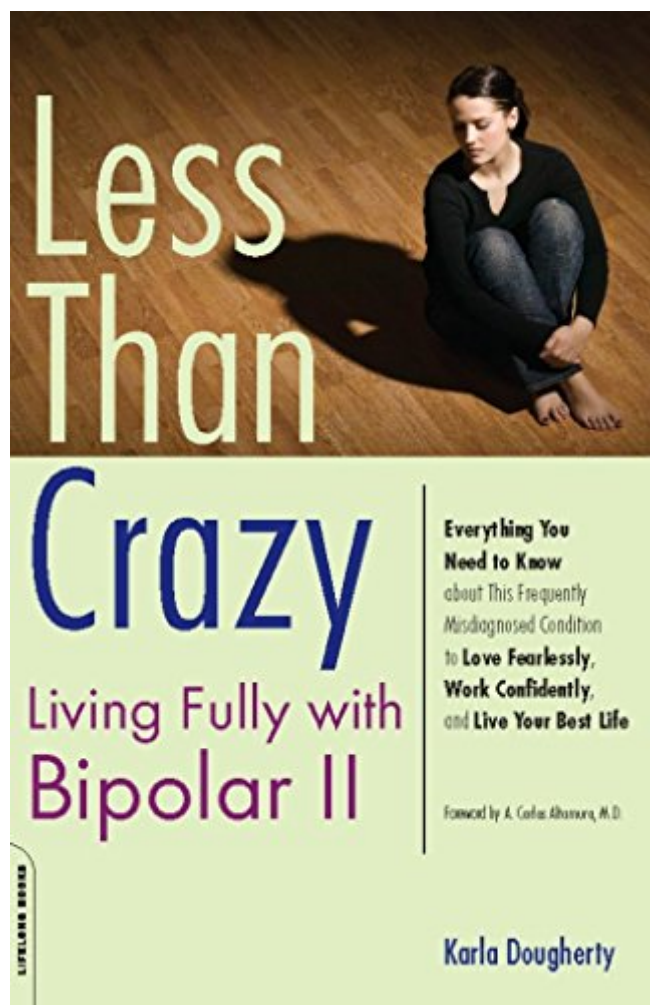


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# Less Than Crazy: Living Fully With Bipolar II: No. 2



## 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

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## 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.

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