



News Release

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Mastering Bipolar Disorder

An insider's guide to managing mood swings and finding balance

Edited by Kerrie Eyers, Psychologist and Professor Gordon Parker,
Executive Director of the Black Dog Institute

Nearly 200 people provided their personal stories in dealing with bipolar disorder in writing competition conducted by the Black Dog Institute.

They share inspiring and sometimes amusing accounts of their experiences of bipolar episodes, and wise advice on ways of managing the highs and lows on a daily basis.

This book looks at all aspects of bipolar disorder, from first symptoms and diagnosis, to times when the disorder is more or less under control. Our authors emphasise the importance of personal strategies such as exercise and support networks alongside medication and professional assistance.

With tips from clinicians and the latest research, *Mastering Bipolar Disorder* offers tested and proven solutions to help everyone with bipolar disorder - and their families – experience a better quality of life.

The illness is not confined to any age or social group.

The book is to be launched on 23 July 2008 by the NSW Treasurer, Michael Costa, who in recent times has spoken about his past battle with bipolar disorder.

“It’s a challenging condition that affects people in different ways,” Mr Costa said.

“Sharing these experiences can only help sufferers and their families.”

In reviewing the book, Rugby League legend, Andrew Johns said it provided a great insight from a sufferer’s perspective. “I hope people draw strength from reading how others deal with the condition. You can see that it is a constant battle living with bipolar, but with the right help and self-management, the disorder can be controlled,” he said.

Editors Gordon Parker and Kerrie Eyers are available for interview.

For information: Contact Ian Dose at the Black Dog Institute: Email: i.dose@unsw.edu.au or (M) 0419 618 606

The Book is distributed by ALLEN & UNWIN and is available for \$24.95 in bookstores.