



**The Dialectical Behavior Therapy Skills
Workbook for Bipolar Disorder: Using DBT to
Regain Control of Your Emotions and Your Life
(New Harbinger Self-Help Workbook)**

Sheri Van Dijk

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The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)

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Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. **The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder** will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder.

The four DBT skills you'll learn in this workbook—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control.

•Learn mindfulness and acceptance skills•Cope with depressive and manic episodes in healthy ways•Manage difficult emotions and impulsive urges•Maintain relationships with friends and family members

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Karen Perl:

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