

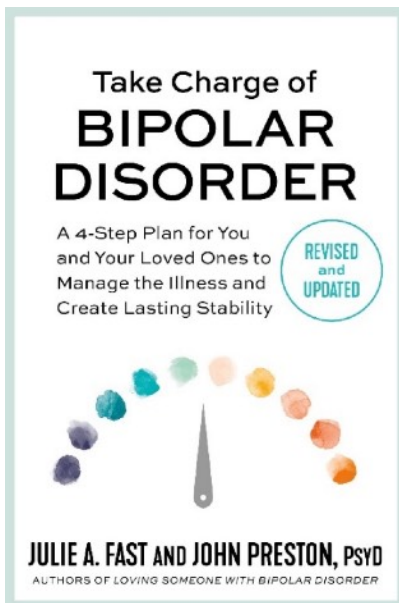
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# TAKE CHARGE OF BIPOLAR DISORDER

*A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability*

**BY Julie A. Fast and John Preston, PsyD**



For the first time since its initial publication in 2006, **TAKE CHARGE OF BIPOLAR DISORDER** has been updated and revised with new research from the leading expert on bipolar disorder, Julie A. Fast.

Fast, who was diagnosed with the illness at age 31, and specialist John Preston, Psy.D. created an effective program to help those with bipolar disorder — and the family, partners and health professionals who care about them — manage their symptoms. Their book is a crucial resource to help those living with bipolar disorder promote stability, reduce the risk of suicide, increase work ability, decrease health care costs, manage substance abuse and improve relationships.

This pioneering, personalized approach to managing bipolar disorder combines medication and bipolar-safe supplements, lifestyle and behavior changes and asking for help to teach readers the most appropriate combination of medications and management strategies for lasting stability.

In the book, readers will find an abundance of tools to help manage bipolar disorder, including:

- Technical facts about bipolar disorder and how it's diagnosed.
- Real-life stories of people with bipolar disorder and how they find stability.
- The original bipolar disorder triggers list that is now used all over the world.
- A comprehensive overview of medications, their side effects, and how to find the right balance between medications and behavior and lifestyle changes.
- Proven strategies that improve communication during mood swings.
- Information on using ketogenic metabolic therapy to manage medication side effects and bipolar symptoms.

And for the first time ever, the revised edition includes exclusive research on The Bipolar Significant Seven, a list of substances that are proven to create mood swings in the bipolar disorder brain, including: **Stimulants, Sex and reproductive hormones, Steroids, Prescription medications, Hallucinogens including Cannabis, Supplements and Social drugs.** Under each category there is a suggestion to either avoid the substance or use the substance with caution along with a plan to manage bipolar disorder symptoms.

Groundbreaking and comprehensive, **TAKE CHARGE OF BIPOLAR DISORDER** gives readers everything they need to implement a powerful four-pronged response to the symptoms and cycles of bipolar disorder.

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#### About the Authors:

**Julie A. Fast**, author and researcher, is the bestselling author of *Take Charge of Bipolar Disorder*; *Loving Someone with Bipolar Disorder*; *Getting It Done When You're Depressed*; and *The Health Cards System for Bipolar Disorder*. She is the world's top online bipolar disorder author with over 15 million views of her blogs, essays, and articles. After many years of untreated symptoms, Julie was finally diagnosed with bipolar disorder and a psychotic disorder, also called schizoaffective disorder - at age 31. Julie focuses on brain health research and education and regularly trains health care professionals on the topics of bipolar disorder, psychosis, and substances that affect the bipolar brain. You can read more about Julie's work at [JulieFast.com](http://JulieFast.com).

**John Preston, PsyD, ABPP**, was a professor of psychology with Alliant International University, Sacramento. He also taught on the faculty of the UC Davis School of Medicine. Dr. Preston was the author of seventeen books, with topics including psychotherapy, depression, psychopharmacology, and neurobiology, and wrote the "Drugs in Psychiatry" chapter in *Encyclopedia Americana*. He was a lecturer in the United States, Europe, and Russia.

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| <b>Sample Q&amp;A for Julie A. Fast</b> |
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- 1. Why did you write this book for people who have bipolar disorder?**
- 2. What are some of the most challenging aspects of having bipolar disorder?**
- 3. What are the common myths and misconceptions about bipolar disorder?**
- 4. How does bipolar disorder affect work and money issues?**

5. How does bipolar disorder affect sex and romance?
6. How are children from a couple in which one parent has bipolar disorder affected by the illness?
7. What advice do you have for talking to kids about their parent's illness? Can kids take an active role in the treatment plan?
8. Do you have advice for partners who, in the process of working through your program, decide it's just too tough to be the caretaker or too much of a sacrifice?
9. What do you do when you notice the first signs of a mood swing?
10. What kinds of things trigger a depressive or manic episode?
11. What is the "Bipolar Conversation"?
12. How can a family managing bipolar disorder bring more laughter and joy into their relationship?
13. What if your partner with the illness doesn't want to cooperate or won't change?
14. How has the medical community responded to your book?
15. Why have doctors in recent times considered medication the be-all-and-end-all treatment for bipolar disorder? Do they still?
16. What does your research show regarding the effects of cannabis on the bipolar brain?
17. What is the Bipolar Significant Seven and how can a person use this list to prevent bipolar in the next generation?