

BOOK REVIEW**“STOP THE EMOTIONAL ROLLERCOASTER”**

Author: Andrew Peh Lai Huat

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Bipolar disorder is a major form of psychiatric illness. The lesser-known cousin of schizophrenia, this condition is the focus of interest in recent years. Commonly also known as manic depressive psychosis, it is estimated to affect 1% to 5% of the population. Among the psychiatric disorders, it is probably the most commonly misdiagnosed condition. These facts and other relevant information about bipolar disorder can be found in *Stop the Emotional Rollercoaster*.

In this thin paperback, the author successfully addressed the complexities of the illness. Dr. Peh's maiden medical book managed to simplify a complex psychiatric condition for the non-specialised reader. His writing style is both clinical and personable. Using illustrations from a patient's vignette, Dr Peh cleverly organised the book into a readable and easily understood format. Primarily targeted at family physicians, sufferers and their families, one-third of the book is dedicated to understanding the condition. As Dr. Peh revealed “seven out of 10 people with bipolar disorder had received at least one misdiagnosis” and “majority had waited more than 10 years from symptom onset till correct diagnosis (was made)”. Although not meant as a diagnostic guide, physicians will find the section on symptoms of mania and questions in a mood questionnaire helpful in their clinical practice.

Of particular interest to psychiatrists and counsellors is a concise exposition on the challenges of managing bipolar disorder. The sections on rapid cycling, substance abuse and suicide effectively summarise the common clinical issues in daily practice. Dr Peh also managed to include a brief update on the use of mood stabilisers in the management of bipolar disorder.

Another target audience- sufferers and family- will find this book a treasure trove of information. Included in the last chapters of the book are self-help tips, information on support groups and Internet resources. The recommended booklist includes *An Unquiet Mind: A Memoir of Moods and Madness*. The author is a professor of psychiatry at John Hopkins and is a sufferer of bipolar disorder herself. If there is one condition that best illustrates the aetiological relationship between biology and behaviour, Bipolar Disorder will be an excellent model. *Stop the Emotional Rollercoaster* offers a peek to any one who wants to understand more about moods and madness.

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