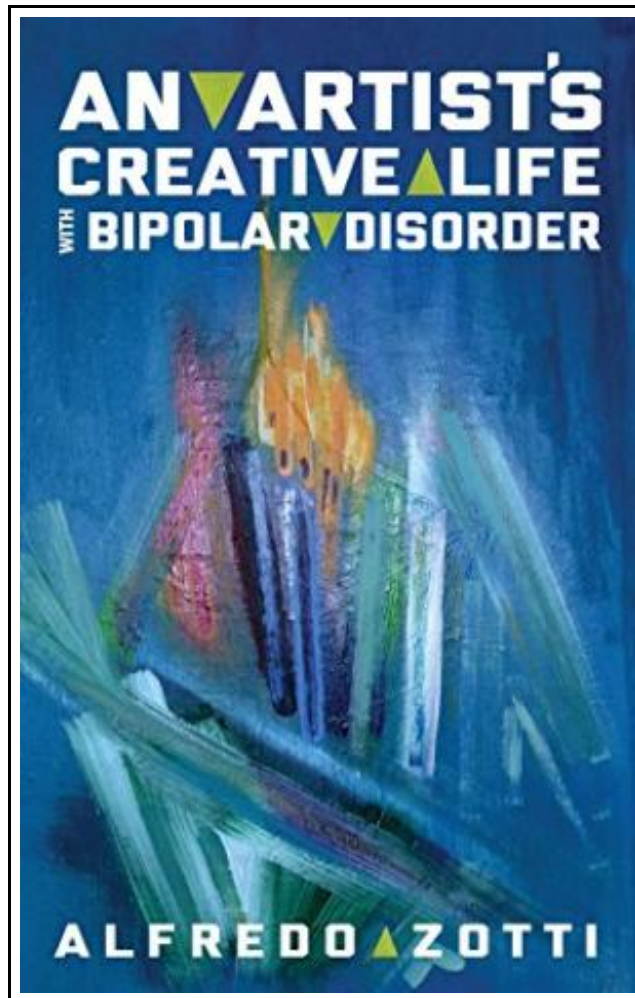


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Modern History Press, United States, 2014. Hardback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.More than a just a journey, Alfredo gives us a blueprint for humane treatment of mental illness In 1981, twenty-three-year old Alfredo Zotti began his lifelong challenge of living with Bipolar II Disorder. He quickly hit rock bottom, spending time as a homeless person and turning to street drugs and alcohol to medicate his symptoms. After hospitalization and careful outpatient monitoring, he became a successful musician and completed university. In 2004, he started to mentor sufferers of mental illness, and together, they developed an online journal. Alfredo now sees mental illness from a new perspective, not of disadvantages but advantages. In his words: Having a mental illness can be a blessing if we work on ourselves. In this memoir and critique of mental illness, the reader will learn: How empathic listening and being with someone can help calm that person s symptoms The power of singing to create a safe space in a community Why spirituality can be a key component in the healing process The connections between mental illness, artistic expression, and people who think differently The impact of childhood trauma on our psyche and its role in mental illness The dangers of antipsychotics and antidepressants The amazing connection between heart and brain and how we can cultivate it The challenges of love and marriage between partners with Bipolar Disorder Original music composed and recorded by the author is available for download by readers. Alfredo s story and his insights into the causes and treatment of mental ill-health are incredibly moving and impressive. His humanity, intelligence, creativity and his generosity and compassion towards people affected by mental illness and dedicated mental health professionals shine through...



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