



Balancing the Beast: A Bright View of Schizoaffective Disorder – Bipolar or Manic-Depressive Type

Helena Smole

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This is a positive thinking book for people with mental illness, as well as for their relatives, friends, and co-workers.

You will discover:

- That you can learn how to live a happy life with schizoaffective disorder.
- That the stickiest label anyone can put on your forehead is the one you put there yourself.
- The way the author lets her psychiatrists deal with her mental illness while she chooses to improve her personality and self-image, and to change her life style in order to support the efforts of the psychiatrists.
- That your sensitive brain is your greatest treasure and that it reliably sends you messages that you are under too much stress.
- That you are not responsible for having become ill. However, it is YOUR responsibility to do something about your illness NOW that it has happened.
- And last but not least: you will re-discover the power of humor in wonderful illustrations by Leon Zuodar.

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Balancing the Beast: A Bright View of Schizoaffective Disorder – Bipolar or Manic-Depressive Type can be one of your starter books that are good idea. All of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to get every word into pleasure arrangement in writing Balancing the Beast: A Bright View of Schizoaffective Disorder – Bipolar or Manic-Depressive Type yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial pondering.

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