

Battles of a Bipolar Buddhist, is a memoir contest winner that reads like a compelling novel. What's inside: As a child, Kitty Richards struggled alone with the frightening aspects of mental illness. Writer, healer, educator, activist, poet, musician and composer, Kitty reveals her journey to survive atrocities in psychiatric facilities as she speaks out for the voiceless in a mental health system where people are still enduring such abuses. Amidst confusion and demoralization, Kitty discovers a spiritual truth that guides her during her battles to triumph, not just for herself, but also for the woman to whom she owes the greatest debt. Lastly, in its epilogue, Battles... discusses different perspectives on mental health challenges, including that of the Icarus Project (which sees these as dangerous gifts to be cultivated and cared for) and the National Alliance on Mental Illness (which emphasizes recovery). Also discussed are approaches to healing and wellness through traditional means as well as alternative therapeutic practices, including ways of combating personal shame, stigma and abuse. Please see the May 2016 issue of WNC Woman Magazine (free paper and online editions) for a book review of Battles of a Bipolar Buddhist and Kittys entertaining and informative article during Mays Mental Health Awareness month utilizing a positive, well-rounded perspective on mental health concerns, including resources available for help and support.

Nursing Today: Transition and Trends, 7e, Before Adam, Justice League Vol 2 #12 (2nd Ptg) Variant Cover, Prince of Ireland and the Three Magic Stallions, Underwater Mauritius,

Battles of a Bipolar Buddhist , is a memoir contest winner that reads like a compelling novel. What's inside: As a child, Kitty Richards struggled alone with the. pm Kitty Richards discusses excerpts from Battles of a Bipolar Buddhist, her locally award-winning memoir. pm Introductory film and refreshments.

Armchair Books is a family owned independent bookstore located in the heart of Whistler Battles of a Bipolar Buddhist: Award-winning Memoir Paperback. Battles of a Bipolar Buddhist, is an independently published Buncombe County- wide memoir contest winner that reads like a compelling novel. As a child.

Haldol and Hyacinths: A Bipolar Life by Melody Moezzi . This memoir traces Gayathri's courageous battle with the depression that Based on award-winning author Sonya Sones's own true story, this novel explores the chilling .. The Buddha and the Borderline: My Recovery from Borderline Personality. For help understanding: Bipolar disorder as a seminal text on what it's like to battle debilitating, nearly suicidal depression, and making the choice to live. ... Solomon's National Book Award-winning book pulls from his own experience of The Buddha and the Borderline: A Memoir, by Kiera Van Gelder. Jamison is a psychiatrist and sufferer of bipolar disorder. Her memoir of the 12 months in which she waits out her illness watching PS a big part of the book is her battle to recover from one particular ex who is clearly Colin Farrell. from the eighties who has now written multiple award-winning books. Depression is a warning sign that won't simply go away on its own. Bipolar Faith is both a spiritual autobiography and a memoir of mental illness. a United Church of Christ minister, looks back at her father's battle with bipolar disorder, and the helpless sense of deja vu as .. (Hindu Mental Health: Available on Amazon). In an essay for Glamour, the model and Lip Sync Battle co-host opened up Demi Lovato is open about her battles with bipolar disorder, bulimia, and addiction. That year, the Grammy Award-winning artist revealed his struggles with Gabourey Sidibe talks candidly about mental health in her memoir.

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