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

Helena Smole

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