



Bipolar, Recovery and NLP, The Trilogy By Jason Pegler (Paperback)

By Jason Pegler

Chipmunkpublishing, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Description: A Can of Madness A Can of Madness is the most honest autobiography ever written on manic depression and the pioneering patient s memoir of its generation. A vivid, honest and sometimes disturbing memoir about the experience of having a diagnosis of manic-depression. Like other books in this genre, the author is often painfully honest about his experiences. He recounts a dizzying, dark and sometimes euphoric journey through a world of elation, despair, binge drinking, drugs, raves and psychiatric wards. As well as attempting to educate the reader, the book also provides optimism and hope, showing that it is finally possible to learn to live with, and accept, having a mental health problem. A Can of Madness also shows that if you have bipolar you can still lead a fulfilled life. Description: Curing Madness Curing Madness is an inspirational selection of works by former manic depressive and mental health activist Jason Pegler which details the thought processes he used to cure himself. It includes a couple of excellent scripts about his experiences of manic depression, rap lyrics, an essay that examines madness...



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