


[DOWNLOAD](#)


Alfredo s Journey: An Artist s Creative Life with Bipolar Disorder (Paperback)

By Alfredo Zotti

Modern History Press, United States, 2014. Paperback. Book Condition: New. 234 x 155 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...



READ ONLINE
[9.65 MB]

Reviews

Very useful to all of class of individuals. This really is for all those who statte there had not been a worthy of looking at. I am just very happy to let you know that here is the finest ebook i have got go through within my individual daily life and might be he finest ebook for actually.

-- **Delores Mitchell PhD**

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.

-- **Mr. Enrico Lesch**