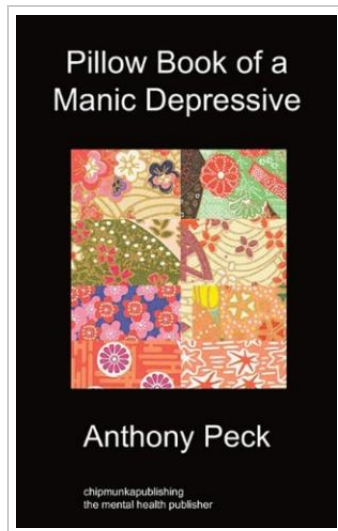




Pillow Book of a Manic Depressive: Recovery Through Mindfulness

By Anthony Peck

Chipmunkpublishing, United Kingdom, 2011. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Description Pillow book of a Manic Depressive follows the style of medieval Japanese writers, who would keep a record of courtly life through their daily impressions, which they would then keep under their pillows. Taking a modern approach, the Pillow book follows the impressions of the author in the year following an extreme manic episode, which saw him leap four floors and only barely survive. While his body repaired he was forced to slow down, take-in all that was immediately around him, and come to a place of peace and gratitude. Unknowingly using the technique of Mindfulness, he was able to reflect on all the many facets of his life, and life in general. Written in a very simple way, each impression invites the reader to slow down and examine his or her own thoughts. While as a whole, the collection is a story of survival and recovery - as the author's momentum towards good health becomes increasingly, if subtly, apparent. From the stain left on a page by a bookmark, to the author's catastrophic manic...

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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You won't feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- **Gavin Bosco IV**

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.

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