



Breakthroughs for Bipolar Disorder: Reducing Symptoms & Eliminating the side effects of medication

John Thomas Hoyle II

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This book details the knowledge gained from over 10 years of struggle with Bipolar Disorder. Through firsthand experience with this illness the author has gained priceless tools for managing the symptoms of the illness as well as eliminating the side effects of medication necessary to treat Bipolar Disorder. In this book specific information is given that will be important for the stability of anyone suffering from this illness. Through the use of the practices detailed in the pages of this book those with Bipolar Disorder will be able to create structure in their lives. These routines will balance the brain chemistry, naturally allowing for the individual to experience greater peace, calmness and stability in their life. The outcome of these methods and practices will help to reduce the symptoms of the illness while also eliminating the side effects of the medication taken for Bipolar Disorder. Logical explanations are given as to why the information is presented and why it will be beneficial. The book covers a broad range of practices that one will easily be able to include in their daily life. The book provides an optimistic view of the illness Bipolar Disorder and gives reasons why one should be able to look upon this illness as an advantage for a more meaningful life instead of a setback. The book emphasizes growth towards a life of fuller awareness, physical well-being and spiritual wholeness.

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