



The Promise of Long Term Recovery (Paperback)

By John Zurn

Chipmunkpublishing, United Kingdom, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Description The first half of the book, The Promise of Long Term Recovery, explains many unique and potentially useful ideas relating to the understanding and acceptance of mental illness. These ideas are divided into five chapters that include: medication decisions, coping skills, psychological concepts, creative development, and spiritual evolution. These topics are specifically discussed from the perspective of one who has been deeply affected by a major mental illness. They also provide alternative interpretations and solutions to help promote long term recovery. The second half of the book is a novella called Mystery of the Thought Healer; and it describes, in story form, some of the ideas expressed in the first section of the book. It is meant to explore various principles of character and theme as they relate to psychology, creativity, and spirituality. About the Author John Zurn has been faced with the challenge of bipolar manic depression for his entire adult life. Despite this challenge, he has still managed to work and write for over thirty years. As a teacher and rehabilitation counselor, he has also...



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