



Alfredo s Journey: An Artist s Creative Life with Bipolar Disorder

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...



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