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THE TAO OF BIPOLAR: USING MEDITATION AND MINDFULNESS TO FIND BALANCE AND PEACE



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Tao of Bipolar: Using Meditation and Mindfulness to Find Balance and Peace, Annellen M. Simpkins, C. Alexander Simpkins, If you have have bipolar disorder, you struggle with psychological balance, swinging between highly depressed and highly manic states. For you, finding the middle path can be a challenge, which is why the Tao understanding of energy can be so helpful. "Tao," is a Chinese word meaning "the way" and a metaphysical concept...

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- Authored by Annellen M. Simpkins, C. Alexander Simpkins
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