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Pillow Book of a Manic Depressive: Recovery Through Mindfulness (Paperback)

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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