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Mood Mapping: Plot Your Way to Emotional Health and Happiness

Dr. Liz Miller

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Mood mapping simply involves plotting how you feel against your energy levels, to determine your current mood. Dr Liz Miller then gives you the tools you need to lift your low mood, so improving your mental health and wellbeing. Dr Miller developed this technique as a result of her own diagnosis of bipolar disorder (manic depression), and of overcoming it, leading her to seek ways to improve the mental health of others. This innovative book illustrates: the Five Keys to Moods - learn to identify the physical or emotional factors that affect your moods; the Miller Mood Map - learn to visually map your mood to increase self-awareness; and, practical ways to implement change to alleviate low mood. Mood mapping is an essential life skill; by giving an innovative perspective to your life, it enables you to be happier, calmer and to bring positivity to your own life and to those around you.

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