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

Alfredo Zotti

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

Alfredo Zotti

The challenges of love and marriage between partners with Bipolar Disorder

"Alfredo's story and his insights into the causes and treatment of mental ill-health are incredibly moving and impressive. His humanity, intelligence, creativity and his generosity and compassion towards people affected by mental illness and dedicated mental health professionals shine through the pages of his book."
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"As a clinician and academic, one can study and research ever known aspect of a disorder and write scholarly articles for learned journals, but none of this holds the potency of an individual relaying his or her lived experience. Alfredo does just this in his inimitable style, offering hope at every juncture to those who travel a similar road. The story should be read by clinicians, academics and sufferers alike."
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