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Bipolar Blessings Mind Expansion Second Edition: One Cure for Bipolar Disorder

By Hugh Drummond Fulcher

H. Fulcher Publishers. Paperback. Book Condition: New. Paperback. 274 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. Only the bipolar and overstressed can cure their disorders! Bipolar disorder is caused by arrogant, deceptive, significant others and stressful situations. Minds go out of control when stressed beyond design limits. The author was afflicted with bipolar disorder in 1977, experiencing sporadic manic episodes until 1994, while on prescribed medications. He has worked 16 years developing an amazing cure for his disorder using physics (physical exercises) and nuclear modeling. Briefly stressing the brain to emotional limits releases emotional tensions and forces its subconscious processes to understand and heal themselves. Elevating moods, a few times a week, is similar to a vaccination preparing the mind for real stress and has developed a confident, creative mind. Integrating science, metaphysics, and spirituality has developed the authors cure. Exercises can release stress from localized trauma memories, similar to psychoanalysis. Muscles are connected to nerves and nerves are connected to neurons in the brain. Sensations are felt in the upper neck, throat, brainstem, and brain. Organized exercises and writing restructures the brain. If working toward their own cures, readers should develop a sense of satisfaction and confidence. The following experiences...



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