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Choosing Sanity: An Unprecedented Guide to Healing Brain Chemistry Disorders Without Medications

By MJ Sawyer

Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 6.0in. x 0.5in. The National Institute of Mental Health has estimated that 44 million adults in America suffer from mental illness in a given year. I used to be one of them. I was told I always would be. I was thoroughly misinformed. MJ Sawyer Choosing Sanity - An Unprecedented Guide to Healing Brain Chemistry Disorders, provides hope and solutions for those diagnosed with mental illness who have not found relief from or are unable to tolerate psychotropic drugs. The principles of healing contained in this book have been effectively applied in clearing bipolar disorder, panic disorder, OCD and depression and in relieving symptoms of ADHD, ADD and autism. Choosing Sanity is also valuable guide for those who work as healers, doctors, therapists, or advocates and for those who have loved ones who are considered mentally ill. MJ Sawyers relentless thirty-six year battle with treatment resistant rapid cycling bipolar disorder inspired her to use her body as a laboratory to find solutions for balancing her brain chemistry without the use of medications. This achievement combined with years of experience as a private practitioner and workshop instructor has...



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