



DESPERTAR EL DON BIPOLAR:Un camino hacia la curación de la inestabilidad emocional (Spanish Edition)

Eduardo H. Grecco

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Para intentar la cura de la oscilación desproporcionada entre la manía y la depresión se puede recurrir a las vías habituales, que buscan alcanzar la estabilización de la persona bipolar echando mano a herramientas que trabajan “desde el afuera de su alma”, o bien, como propone el autor, elegir un camino terapéutico más creativo y esperanzador, que consiste en despertar los talentos dormidos y convocar las fuerzas autocurativas interiores de quien padece este trastorno. En este nuevo libro, el autor echa aún más luz sobre la bipolaridad -una temática que lo apasiona y afecta personalmente- y ofrece un “plan de vida” para superarla, desde una perspectiva multidisciplinaria, apelando a la creatividad, al movimiento del cuerpo y los vínculos afectivos.

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