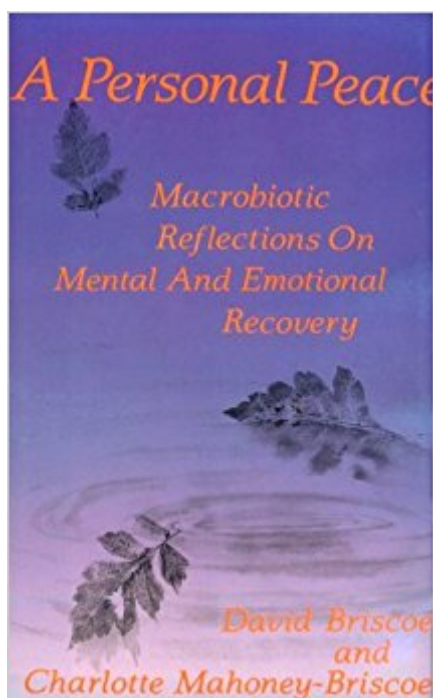


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# Personal Peace: Macrobiotic Reflections On Mental And Emotional Recovery



## Synopsis

Book by Briscoe, David, Mahoney-Briscoe, Charlotte

## Book Information

Hardcover: 193 pages

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## Customer Reviews

Book by Briscoe, David, Mahoney-Briscoe, Charlotte

Compelling and personal story about overcoming serious mental illness.

Good book with good information.

I can't say enough about this beautifully written book. It is perhaps the most honest and generous book I have ever read. David's story is compelling and extremely inspirational. His story has made a very large impact on my life. It's been a number of years since I read the book yet I still refer to it on occasion. Don't be misled by the title and think that only those with severe mental health problems can benefit from the book. I feel that people from many backgrounds and differing levels of emotional and physical well being can create great benefits for themselves with the help of this book. This is a book for those who want to take full responsibility for their health, who are not afraid to look honestly at their lives and who believe that what they do in the present helps create their future. If you do decide to read this book remember to be patient and take your time in the reclaiming of your health. Also please allow yourself to make some (many?) mistakes. I wish to thank David for creating this gift to anyone who wishes to feel healthier, happier and to feel grateful to be alive.

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This book was hard to find since it is now out of print, but I can understand why. It is really great. It is the story of real courage and triumph over mental illness. Most people with schizophrenia are told that they will live with it for the rest of their lives. They are told that there is "no known cause and no known cure." The authors of this book show us that there IS a cause and that it CAN be cured. Thank you, David and Charlotte, thank you!

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