



Think Good Thoughts: Affirmations for Depression and Bipolar Disorder / Cyclothymia

By Charles K Bunch PH D

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I love quotes. I love short little sayings. With my ADD and a life of depression, it has always been the simple things and simple phrases that have stuck with me and inspired me. I've hung on them and passed them on in clinic practice to others. Movies and books today often carry famous quotes. Heroes of our time and the past have shared powerful concepts. These help to inspire us. They help us to move on. They help on the road of life and remind us: We are not alone There is a wisdom beyond ours that can help Dark or hard times are truly hard, but we can endure, recover and even transcend There is hope Presence and mindfulness is available to all, including the depressed or those with bipolar disorder These are to us as road signs and road guards are to cars: Stop Turn here Watch out Do not slow down, keep moving Fuel ahead Off ramp Quotations have their companions in this book, including short quips and affirmations. Affirmations represent some memorable...



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