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## A Forest Dark

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By J. A. Waldin

Waldin Books. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.0in. x 5.3in. x 0.6in. Philip Hyde wants to be a poet. Despite it being an unpopular choice with his family, things are looking good until he is diagnosed with bipolar disorder. Unable, or unwilling to accept the diagnosis, his mind becomes overrun by illness, transforming the sensitive young man into something else. When nothing seems to help, pushed to the brink, he blends Mindfulness Meditation with modern western medicine as a potent tool of healing. In that place, he discovers what that illness has to teach him about himself, and the very nature of the mind. A meditation on the power of one's own mind to heal. A Forest Dark is a bildungsroman of unique importance. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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