



Glück, Angst und Depression: Erfahrungen aus meiner psychischen Erkrankung (German Edition)

Dr. Harald Schmitt

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Der Autor, - 51 -, ist seit 22 Jahren psychisch 'bipolar' erkrankt. In den letzten 2 Jahren war er daher immer wieder Patient in Kliniken. Er machte aus der Not eine Tugend und nutzte die Abgeschlossenheit, um sich nur sich selbst, seinen Gedanken, Gefühlen und Erfahrungen zu widmen. Die Ergebnisse dieser Einkehr liegen in Form dieses Buches vor.

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