



Healing Bipolar and Depression: My Journey to Whole Health

Suzy Hoseus

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This book is a must-read for those who are affected by bipolar and depression. I loved your book, it was so informative. A lot of the books on this subject are written by people in the medical field and are extremely hard for the average person seeking information to understand. Your book, however, was written as an insight to what it's like to be on the inside of the condition, to live through, and overcome something that a lot of us just don't understand. --- Deborah Borecki I Suzy lays out for us so poignantly not only her harrowing journey to health, but to faith. We share in her sorrows and victories, and learn right along side of her the steps necessary to rebuild both mental and physical health. --- Bill Lenhart There is hope for those who want to be well. Suzy Hoseus was diagnosed with bipolar disorder in the early 1980s. At that time, she was hospitalized and told there was no cure for her disorder. After struggling for twenty years, she is now well and symptom-free. Suzy Hoseus shares her testimony to provide hope to those with mental illness as well as other acute and chronic degenerative diseases. The information about Whole Health (a term used to express the many dynamics of true health) is a holistic approach that addresses not only the physical and emotional aspects of health but also the spiritual, mental, and social dimensions. Healing Bipolar and Depression is the knowledge gained in Suzy's intensive study and personal application of classical naturopathy and Natural Hygiene. Each section of the book intertwines Suzy's personal experiences and insight as to what promotes true and natural healing. It is a roadmap for those who choose to be well.

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