



**I: One M.D.'s Inward Journey to Liberate Himself
from Mental Suffering---And The Help It Offers
for Those Diagnosed Bipolar, Mentally Ill or
Depressed**

Jeffrey R Fidel MD

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THE FASCINATING ACCOUNT OF A MEDICAL DOCTOR'S INWARD JOURNEY TO FREE HIMSELF OF MENTAL SUFFERING

The diagnosis of Bipolar 1 Disorder - by medical decree and societal perception - is a lifelong sentence: unless you take and stay on prescription medicine you cannot function as a "normal, sane member of society." But Jeffrey R Fidel, a MD himself, is proof that is not true. He got there by turning off the voices in his head and listening to the one voice that counts - --the one in his heart. In this beautiful, masterful and minimalist book Jeffrey Fidel provides insight into his story and how he used the ancient teachings of Lao Tzu's Tao Te Ching to connect to the "voice within" that teaches our true identity is "beyond thought" and that we and the universe are One. Jeffrey relates how he spent most of his life identifying with the I that was the I in his mind--the one that said he must achieve great things in order to exist - the one that drove him to become a doctor in order to meet other people's expectations, despite a part of him that resisted them; the one that said he would be happy if he lived the "American dream" of an exalted professional, family man and financial success. This was the "I" of his ego. He was miserable but the critical voices in his head kept getting louder. When they reached a crescendo, it drove him to seek a psychiatrist. Jeffrey was diagnosed with Bipolar 1 Disorder and placed on antipsychotic drugs. Feeling numbed by his "chemical lobotomy" he continued to "fit into" society as an individual and practicing physician. Yet, nothing in his life was right--his marriage was falling apart, he still had an inner struggle that he didn't want to practice medicine, and even his beloved dog died. Through many ups and downs and searching, he came to the Tao Te Ching. It spoke to him and awakened his awareness that there was another voice, a quiet one that spoke truth to him, a voice that connected him to all that is. Then, he knew that he was not his Mind, he was energetic essence, something unknowable and unlimited. When, through a year of deep solitude, he became convinced following this voice was the real path to a life of mental and emotional freedom, he tapered off his meds, quit his medical practice and focused on living the life directed by that inner voice. Today, Jeffrey lives a contented, complete, humble and drug-free life in Florida--living in the present moment--and spreading the word for others who have been diagnosed as depressed, mentally ill or Bipolar that he has found another way to end mental suffering. As he tells his story, he is an inspiration to others that listening to the "one voice that counts" may provide a different path to peace and a new way to live. Author Bio: Jeffrey R. Fidel, MD refuses to live his life medicated for Bipolar 1 disorder. In near complete solitude, he endured over a full year of intense mental anguish. Utilizing mainly the ancient teachings of Lao Tzu's Tao Te Ching, he learned how to connect to a voice originating from his heart. Dr. Fidel is now sharing these ancient teachings to help others discover their answer inside. He says, "By quieting the constant chattering of our minds, we begin to hear the inner voice that originates from our hearts. By surrendering the 'thought of who we are,' we can begin to accept this inner voice as our teacher. This inner voice teaches us that we are one."

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