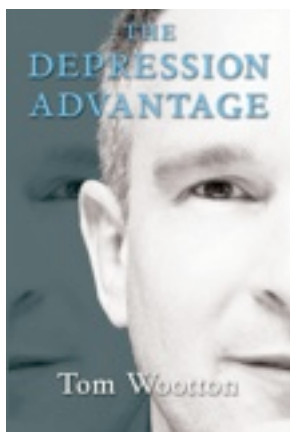


## Bipolar Advantage Publishers Book Summaries:



The Depression Advantage, released in September of 2007, reveals Wootton's insight about the surprising advantages of the depressive states, with the view that people with mental conditions can lead extraordinary lives.

Tom has developed an entirely new system of representing the spectrum of emotional states experienced by people with mental conditions. He provides a powerful set of tools for those looking to turn their perceived 'illness' into a vehicle for a rich, fulfilling and successful life.

Drawing from historical and literary examples ranging from the lives of the Saints to Buddhist parables to pop culture heroes like the X-Men, The Depression Advantage demonstrates that spiritual and emotional pain can be a catalyst for personal growth and transcendent understanding.



The Bipolar Advantage, released in October of 2005, has been one of the top rated books on bipolar since it was first published. While a good portion of the book is devoted to an honest and personal account of his life, Tom includes many of the concepts of his Bipolar In Order Workshops. He emphasizes the importance of acceptance, introspection and creating a plan to succeed in transforming the condition to an advantage.

The Bipolar Advantage and The Depression Advantage offer a consistent and clear path for those that know they must do their own hard work to manage their condition. It emphasizes a complimentary approach that includes doctors, therapists, consumers, clergy and family in the solution. For those mental health professionals who do not suffer from these conditions, few advocates have created such a clear and accurate picture of what it is really like to live with bipolar and depression. For those who have these conditions, they will recognize the symptoms, and be very grateful for the insight, wisdom, and solutions offered by these two books.