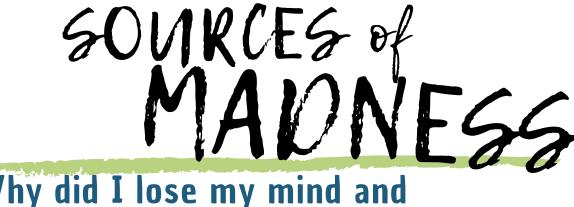
## Rethinking \*/



## Why did I lose my mind and what did I gain in the process?

John Herold explores the extreme state of consciousness that landed him in a hospital involuntarily and got him diagnosed with bipolar disorder.



- Where did this experience come from?
- Why did it happen?
- What does it mean?
- Was it just a brain thing or is there more?
- Are there benefits?

**John Herold**–founder and director of Puget Sound Hearing Voices–holds a master's in Process Work and recently received an Inspirational Person Award from Intervoice. www.johnherold.net | www.pugetsoundhearingvoices.org



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