



Season:	2
Episode:	7
Length:	45:51
Guest:	Alex Manzi
Episode Summary:	<p>Alex Manzi is the host of 'The Dreamer's Disease' podcast, where he shares his own revelations, and interviews extraordinary people who share their amazing stories.</p> <p>In this episode, he shares with us his own dark period, and how he rose above feelings of self-doubt and lost identity to heal, and help others the way he does today.</p>
Questions (please note – these are not all the questions asked in the interview..)	<p>Walk us through that dark period in your life: what triggered this time? When did you sense a “breaking point”?</p> <p>When you had this breaking moment of realization, what was the first thing to come to your mind as your first steps to turn things around?</p> <p>How would you recommend family members knowing the tell-tale signs of someone going through dark times, where a suicide could possibly be prevented?</p>
Guest Media (i.e. Publications, Ted Talks, etc...)	<p>Dreamer's Disease on <a href="#">Apple Podcasts</a></p> <p>Website: <a href="http://thedreamersdisease.co.uk">thedreamersdisease.co.uk</a></p> <p>Free eBook of “<a href="#">Daily Positive</a>”</p>
Where/How to connect with Guest:	<p>Instagram: @IAmAlexManzi</p> <p>Twitter: @IAmAlexManzi</p>