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# Soaring & Crashing: My Bipolar Adventures

*Holly Hollan*

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**Soaring & Crashing: My Bipolar Adventures** Holly Hollan
Holly Hollan's personal journey into the throes of Bipolar (formerly called manic-depression) will leave readers with an intimate understanding of the disorder, and a hopeful way to cope with the future. Hollan uses Soaring & Crashing to bring readers into an account of her life with Bipolar. She travels through a troubled childhood, and into an equally tumultuous adulthood, illustrating the ups and downs of this often misunderstood and stigmatized condition. Ultimately, readers will be confronted with the knowledge that those coping with mental illness lead purposeful and full lives, and although the challenges faced by those with bipolar may be of a different nature than those of the general population, in the end we are all simply riding the roller coaster of life. Soaring & Crashing is an honest, soulful account of one woman's journey to the borders of her mind, and will prove an exciting, moving read for anyone willing to jump on that roller coaster and hang on until the end!

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