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**FOR IMMEDIATE RELEASE:**

# **SOARING & CRASHING**

## **My Bipolar Adventures**

**by Holly Hollan**

*“The readers of Soaring & Crashing have an opportunity to vicariously experience some of the frontiers of human perception and interpretation...A great achievement of this work is a description of a realistic path to a good long-term outcome.” – William J. Dubin, Ph.D.*

In this startling and honest memoir, author Holly Hollan takes readers for a jagged ride inside the workings of a crowded mind to illuminate living with the bipolar trait. **SOARING & CRASHING: My Bipolar Adventures** (Mill City Press; 12/5/07; \$17.95) explores and explains the edge of the human mind through personal experience, scientific research, and a heartbreakingly candid journey.

Ever since watching a lifeless tree alight with spring blossoms in the dead of winter at the age of seven, Hollan knew she was different from her family and peers. As she grew up, Hollan battled intense mood shifts and depression. What’s worse, she spent much of her childhood without an understanding support circle. The result was a young adulthood of collegiate expulsion, suicidal thoughts, promiscuity and drug use, religious fanaticism, and, of course, deep loneliness. Hollan hit rock bottom when she sold her possessions to finance a trip to Los Angeles where she believed Neil Diamond would greet her at the airport and propose marriage. By seeking help and growing to understand her bipolarity, Hollan gains confidence and control over her life.

SOARING & CRASHING is a call to arms for knowledge and treatment of bipolarity, and offers readers the gifts of faith and courage.

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