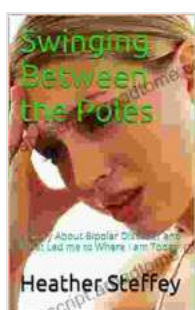


# Swinging Between the Poles: A Journey of Self-Discovery and Transformation



## Swinging Between the Poles: A Story About Bipolar Disorder and What Led me to Where I am Today

by Mickey Bell

★★★★★ 5 out of 5

Language : English  
File size : 2284 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 18 pages  
Lending : Enabled



In her memoir, *Swinging Between the Poles*, Dr. Alka Patel shares her personal journey of self-discovery and transformation. The book explores the challenges and triumphs of living with bipolar disorder, and offers hope and inspiration to others who are struggling with mental health issues.

Dr. Patel was first diagnosed with bipolar disorder in her early 20s. At the time, she was a successful psychiatrist, but she was struggling to manage her symptoms. She experienced periods of intense mania, followed by periods of deep depression. She also struggled with suicidal thoughts.

Dr. Patel's memoir is a raw and honest account of her experiences with bipolar disorder. She writes about the challenges of living with a mental illness, but she also writes about the hope and healing that she has found.

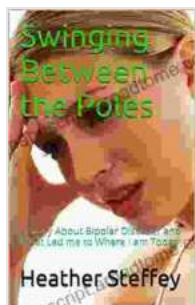
*Swinging Between the Poles* is a powerful and inspiring memoir. It is a must-read for anyone who is struggling with mental health issues, or for anyone who wants to learn more about bipolar disorder.

### **About the Author**

Dr. Alka Patel is a psychiatrist and author. She is the founder of the Mood Disorders Center of Excellence at the University of California, San Diego. Dr. Patel is a leading expert on bipolar disorder, and she has published numerous articles and books on the topic.

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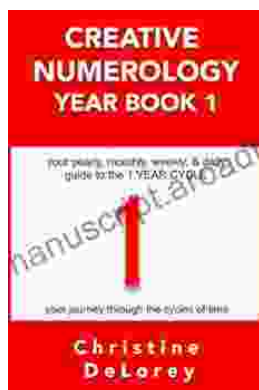


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