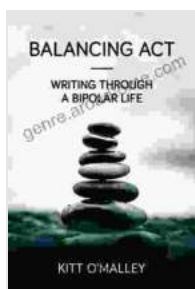


Balancing Act: Writing Through Bipolar Life

In her memoir, *Balancing Act: Writing Through Bipolar Life*, author and mental health advocate Sarah Swank shares her journey of living with bipolar disorder and using writing as a tool for self-expression and healing.



Balancing Act - Writing Through a Bipolar Life

by Kitt O'Malley

★★★★★ 5 out of 5

Language : English
File size : 677 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 382 pages
Lending : Enabled



Swank was first diagnosed with bipolar disorder in her early 20s. At the time, she was a successful journalist and author, but her illness made it difficult for her to maintain her career. She experienced periods of intense mania, during which she would be highly productive and creative, followed by periods of deep depression, during which she would be unable to function.

Swank's memoir is a raw and honest account of her struggles with bipolar disorder. She writes about the challenges of living with a mental illness, the stigma associated with it, and the importance of finding coping

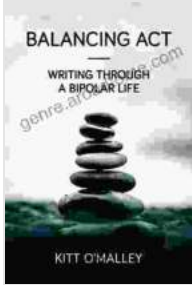
mechanisms. She also writes about the power of writing, and how it has helped her to make sense of her experiences and to connect with others who are struggling with mental illness.

Balancing Act: Writing Through Bipolar Life is a valuable resource for anyone who is living with bipolar disorder or who knows someone who is. Swank's memoir offers hope and inspiration, and it provides a valuable glimpse into the challenges and triumphs of living with a mental illness.

Here are some excerpts from the book:

- "Bipolar disorder is a thief. It steals your mind, your body, and your life. It can make you feel like a stranger in your own skin. It can make you question everything you know and believe. It can make you feel like you're going crazy."
- "Writing has been my lifeline. It's helped me to make sense of my experiences, to connect with others, and to find my voice."
- "I believe that everyone has a story to tell. And I believe that everyone's story is important. If you're struggling with mental illness, I encourage you to share your story. Your story can help others to feel less alone, and it can help to break down the stigma surrounding mental illness."

Sarah Swank is an author, mental health advocate, and public speaker. She is the author of several books, including *Balancing Act: Writing Through Bipolar Life* and *From Broken Pieces: Finding Hope After Loss*. Swank is a passionate advocate for mental health awareness and she speaks regularly about her experiences with bipolar disorder.

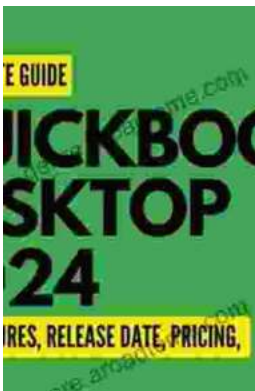


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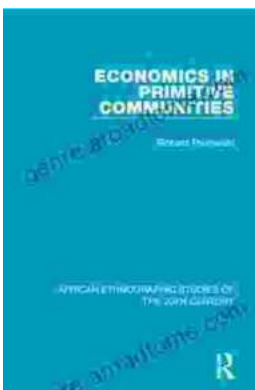
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