



## High, Flat, Down And Back Up Again!: Insights On Bipolarity Challenges and Hopes

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# High, Flat, Down And Back Up Again!: Insights On Bipolarity Challenges and Hopes

## **High, Flat, Down And Back Up Again!: Insights On Bipolarity Challenges and Hopes**

Fifty five years of "mentally" flavored childhood, studies, profession and family life were permeated by the author's courage and hope. This guide/book depicts the author's journey from Casablanca, McGill University (Montréal, Canada), Cornell University / Sloan-Kettering Institute, Rockefeller University N.Y.C. during which finding a "cure for cancer" was his driving force and obsession. In 1979, his Bipolar Affective Disorder flared up again; and this guide/book provides Hope and Insight to persons afflicted with M.D.I. (Manic-Depressive Illness) by displaying the struggle, the coping and the perception from within. It is the ultimate intent and hope of the author that his work will be helpful to those wishing to heighten their awareness of this illness. G-d Bless!

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