



# To Fly Again

*Rachelle Hasnas*

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## **To Fly Again** Rachelle Hasnas

A story not easily forgotten, author Rachelle Hasnas, LCSW, has written a stirring memoir recounting the tragic life and subsequent death of her son Joshua precipitated by his mental illness. *To Fly Again- Portrait of a BIPOLAR Life* is a gripping narrative that courageously dives into the abyss of bipolar disorder. The inclusion of Joshua's poetry provides deeper insight for the reader into the profound anguish he experienced with this oftentimes crippling disease. This book shares the author's tumultuous journey with her son through many years of pain and struggle for both, and finally, her process of dealing with his death. Both her voice of a mother and her voice of a therapist are interwoven in the telling of her son's story. Moreover, *To Fly Again* goes beyond the Life story of Joshua to provide educational material on bipolar disorder by featuring the addition of a final section presenting vital information on this mental illness-to offer hope, help, and healing for others diagnosed with bipolar disorder. An invaluable resource for understanding bipolar disorder for patients and their loved ones, for therapists, and for persons coping with grief and loss.

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