



Polarized: A Bipolar Memoir

Patricia Frisch

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A great narrative that starts in the Empire State Building, NYC... Polarized, a bipolar memoir is the story of how Patricia Frisch went from terrified kid to frightened young lady to a woman in charge of her own life. She struggled for two decades before hospitalization at age twenty-six, where she finally received the beginnings of a proper diagnosis and medication. Later in life she earned a Ph.D. in Pastoral Counseling from Loyola University Maryland. She drew on her personal experiences to enhance a professional career as a pastoral counselor in medical, religious, and social service settings. Eventually she became the owner and or director of 5 different centers for religious education to pastoral counseling. Patricia addresses the strain of mental illness on family relationships. Research shows that mental illness is first of all a physical illness. Still, environmental stressors can aggravate the disorder. Frisch describes her vital steps for managing and coping with bipolar 1 disorder. Her accomplished life is a testament that bipolar disorder can be successfully managed. Patricia hopes to inspire others with bipolar disorder to embrace self-care and overcome any setbacks.

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