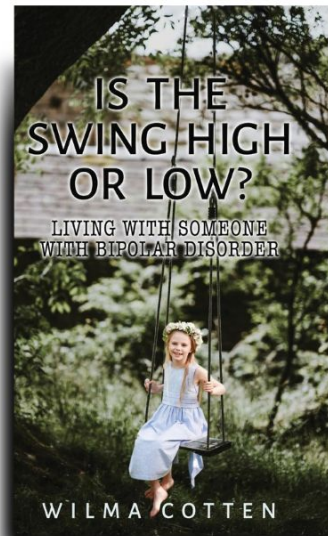


# Official Book Trailer for "Is the Swing High or Low?" Explores the Impact of Bipolar Disorder

*A Mother's Journey Through Mental Illness and Unconditional Love—Now Brought to Life in a Riveting Book Trailer*

VANCOUVER, BRITISH COLUMBIA, CANADA, February 20, 2025 /EINPresswire.com/ -- Mental health awareness takes center stage with the release of the official book trailer for "Is the Swing High or Low? Living with Someone with Bipolar Disorder" by [Wilma Cotten](#). This memoir sheds light on the harsh realities of living with a loved one suffering from bipolar disorder and the heartbreaking challenges of addiction. The newly released trailer offers a compelling visual representation of Cotten's personal journey, inviting all to experience the emotional highs and lows that defined her relationship with her daughter, Alisa.



Is the Swing High or Low?: Living with Someone with Bipolar Disorder

"Is the Swing High or Low" accounts Wilma Cotten's struggle to support her daughter, who turned to drugs as a means of self-care. Despite seeking professional help through therapy, medication, and rehabilitation, Alisa continued to battle the effects of her condition. Cotten, like so many parents of children with mental illness, faced an uphill battle, often feeling helpless in the face of an invisible yet all-consuming disease. Through it all, one thing remained steadfast—her unconditional love.

“

Cotten's story serves as a witness to the resilience required to support loved ones through such battles.”

*Explora Books*

The book trailer, now available for viewing, delivers an emotional punch that resonates deeply with audiences. With evocative imagery, touching narration, and a raw

depiction of the trials of mental illness, the trailer encapsulates the essence of Cotten's journey. It serves as a powerful introduction to a book that not only shares a deeply personal story but also provides valuable insights for anyone struggling with a similar reality.

Mental health professionals and advocates stress the importance of recognizing early symptoms of bipolar disorder and seeking proactive treatment. Cotten's story serves as a witness to the resilience required to support loved ones through such battles. The book goes deep into the struggles many families endure, emphasizing that mental health disorders should be treated with the same urgency and care as physical illnesses like diabetes or heart disease.

Wilma Cotten now enjoys a quiet life in Upstate New York, where she resides in an old farmhouse alongside her two German Shepherd rescues. Having taken numerous courses on parenting and brain disorders, she uses her experiences to advocate for mental health awareness. Her love for sewing, quilting, and the great outdoors offers solace, but her most cherished role remains that of a devoted mother and grandmother.

For those seeking a heartfelt and eye-opening account of living with someone with bipolar disorder, "Is the Swing High or Low?" is a must-read. Watch the official book trailer today available on all [Explora Books'](#) social media channels, Youtube, Instagram, Facebook, and Vimeo.

To purchase a copy of the book, click here: (<https://rb.gy/1lwiav>)

About Explora Books:

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