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Poles Apart

Dr Robert Bakss, Jenny Bakss

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Hope can be found

even whilst living with **bipolar**

Having Bipolar Disorder is like going to bed at night and waking up the next morning not knowing whether Tigger or Eeyore will be making your decisions for you! For those who struggle with Bipolar and for the family and friends who live life with them, this book aims to aid in breaking the silence and stigma that surrounds mental illness within our society and especially within the Christian community.

From the darkness of depressive, suicidal moments to the elated highs of wild and wacky adventures, Jenny Bakss has experienced the swinging of moods on her bipolar journey since 1993. Together with her husband, Robert, they speak out about living with bipolar and describe how both God and medical treatment have helped through the manic moments and the debilitating depressions.

Join a Christian couple's ongoing journey with the highs and lows of bipolar living and discover how biblical principles combined with holistic medical care provide hope and encouragement for those living with a mental illness.

Robert and Jenny Bakss were high-school sweethearts and were married in 1984 whilst Robert was pursuing a career in law. In 1997, after they both attended Bible College, Robert became the Senior Pastor of Lighthouse Baptist Church, Rockhampton, Queensland, Australia, where he and Jenny have served in the ministry together. They are the proud parents of five children and have nine grandchildren.

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