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SHE SMILES AND CRIES EBOOKS 2019



Author: Inshirah Aleem

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"She Smiles and Cries" is a memoir about Author Inshirah Aleems severe episode with Bipolar Disorder. The author parallels personal works of poetry with powerful writing to highlight the darkest times of her life. A period of time where she is afflicted with hallucinations, paranoia and a catatonic state that seizes her consciousness.

Author Inshirah Aleem also provides a glimpse into challenges with family dynamics, medical treatment and her teenage peer group. If readers have dealt with a seemingly hopeless circumstance, they will easily relate to her story.

Her memoir captures the possibility for us all to rise above pain to smile after we cry.

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