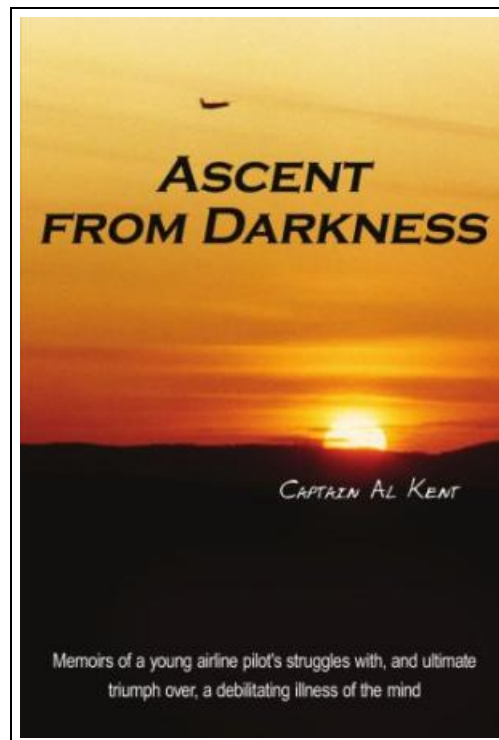


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(Lexie Paucek PhD)

ASCENT FROM DARKNESS: MEMOIRS OF A YOUNG AIRLINE PILOT S STRUGGLES WITH, AND ULTIMATE TRIUMPH OVER, A DEBILITATING ILLNESS OF THE MIND



AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.I was employed as a commercial airline pilot until a hereditary mental illness caused my career to come to a screeching halt in 1993. Being grounded by the Federal Aviation Administration after seeking treatment for major depression was mandatory in order to comply with strict medical standards under the Code of Federal Aviation Regulations. My official diagnosis was eventually changed to bipolar disorder, and the ensuing loss of my career was rather devastating. Battling severe depression initially and later intense bipolar mood swings were extremely heavy burdens placed upon me at a fairly young age. Many people in our society are stricken with debilitating illnesses of the mind and often face difficult uphill battles. I share my personal experiences in an attempt to illustrate that serious mental health issues can be treated successfully and ultimately conquered. Depression can strike anyone out of the blue and transform life into an extremely challenging struggle. Facing the barriers that such illnesses place in the lives of the afflicted often seem insurmountable, but can be overcome. Ascent from Darkness is a factual account of my life thus far. I trust it will serve to inspire those individuals trapped in the darkness to have enduring hope.

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