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## Cathy-Anne McClintock's 'Up' Hits Home with Bipolar Disorder Sufferers

• Posted by Kasey Bell on 07/14/2009



Singer-songwriter Cathy-Anne McClintock is striking a chord with people around the world who are suffering from bipolar disorder or who have a loved one who is. McClintock's song, "Up," from her self-titled debut album, was written based on her personal experience with her mother, who suffers from the disorder.

"I wrote the song because for as long as I can remember my mom has suffered with bipolar disorder," she said. "It wasn't until I was about 16 that it was given a 'label'. We just always thought she was beautiful, smart, flamboyant, spontaneous, spiritual, very energetic and productive until suddenly she wasn't. That's when she'd spend weeks alone in her room crying."

McClintock added, "'Up' talks a little about my mom's childhood and the euphoric 'escape' that the manic side of the disorder can bring. It also talks about how we wish we knew more so we could have handled some things better."

<http://www.countryhound.com/cathy-anne-mcclintocks-up-hits-home-with-bipolar-disorder-sufferers>