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Nothing was the Same A Memoir *Vintage* A psychiatrist traces her marriage to a renowned scientist who overcame severe dyslexia to become an expert on schizophrenia, describing his slow surrender to cancer and her own struggles to overcome grief and depression. **Exuberance The Passion for Life** *Vintage* Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival. **Night Falls Fast Understanding Suicide** *Vintage* From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. **Night Falls Fast** is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic. **Robert Lowell, Setting the River on Fire A Study of Genius, Mania, and Character** *Knopf* "In his Pulitzer Prize-winning poetry, Robert Lowell (1917-1977) put his manic-depressive illness into the public domain. Now Dr. Kay Redfield Jamison brings her expertise to bear on his story, illuminating the relationship between bipolar illness and creativity, and examining how Lowell's illness and the treatment he received came to bear on his work"-- **Manic-Depressive Illness Bipolar Disorders and Recurrent Depression** *Oxford University Press* The revolution in psychiatry that began in earnest in the 1960s led to dramatic advances in the understanding and treatment of manic-depressive illness. Hailed as the most outstanding book in the biomedical sciences when it was originally published in 1990, *Manic-Depressive Illness* was the first to survey this massive body of evidence comprehensively and to assess its meaning for both clinician and scientist. It also vividly portrayed the experience of manic-depressive illness from the perspective of patients, their doctors, and researchers. Encompassing an understanding about the illness as Kraepelin conceived of it- about its cyclical course and about the essential unity of its bipolar and recurrent unipolar forms- the book has become the definitive work on the topic, revered by both specialists and nonspecialists alike. Now, in this magnificent second edition, Drs. Frederick Goodwin and Kay Redfield Jamison bring their unique contribution to mental health science into the 21st century. In collaboration with a team of other leading scientists, a collaboration designed to preserve the unified voice of the two authors, they exhaustively review the biological and genetic literature that has dominated the field in recent years and incorporate cutting-edge research conducted since publication of the first edition. They also update their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. The medical treatment of manic and depressive episodes is described, strategies for preventing future episodes are given in detail, and psychotherapeutic issues common in this illness are considered. Special emphasis is given to fostering compliance with medication regimens and treating patients who abuse drugs and alcohol or who pose a risk of suicide. This book, unique in the way that it retains the distinct perspective of its authors while assuring the maximum in-depth coverage of a vastly expanded base of scientific knowledge, will be a valuable and necessary addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness. **Touched With Fire** *Free Press* The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood

disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf. **Nothing Was the Same A Memoir** *Tantor Media Incorporated* From the internationally acclaimed author of "An Unquiet Mind" comes a haunting meditation on mortality, grief, and loss. **An Unquiet Mind A Memoir of Moods and Madness** *Vintage* NATIONAL BESTSELLER • A deeply powerful memoir about bipolar illness that has both transformed and saved lives—with a new preface by the author. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. **Breaking Free from Depression Pathways to Wellness** *Guilford Press* When it comes to treating depression, one size definitely doesn't fit all. How do you find the science-based treatment that will work for you? What can you do to restore the fighting spirit and motivation that are so essential for overcoming this illness? Leading psychiatrist-researcher Jesse Wright and his daughter, Laura McCray, a family physician, have helped many thousands of depressed patients discover effective pathways to wellness. Here they describe powerful treatment tools and present a flexible menu of self-help strategies you can try today or turn to in the future. Dozens of easy-to-use worksheets and forms can be downloaded and printed from the companion Web page. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how. **The Invisible Kingdom Reimagining Chronic Illness** *Penguin* A NEW YORK TIMES BESTSELLER "Remarkable." —Andrew Solomon, *The New York Times Book Review* "At once a rigorous work of scholarship and a radical act of empathy."—*Esquire* "A ray of light into those isolated cocoons of darkness that, at one time or another, may afflict us all." —*The Wall Street Journal* "Essential."—*The Boston Globe* A landmark exploration of one of the most consequential and mysterious issues of our time: the rise of chronic illness and autoimmune diseases A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood, frequently marginalized, and can go undiagnosed and unrecognized altogether. Renowned writer Meghan O'Rourke delivers a revelatory investigation into this elusive category of "invisible" illness that encompasses autoimmune diseases, post-treatment Lyme disease syndrome, and now long COVID, synthesizing the personal and the universal to help all of us through this new frontier. Drawing on her own medical experiences as well as a decade of interviews with doctors, patients, researchers, and public health experts, O'Rourke traces the history of Western definitions of illness, and reveals how inherited ideas of cause, diagnosis, and treatment have led us to ignore a host of hard-to-understand medical conditions, ones that resist easy description or simple cures. And as America faces this health crisis of extraordinary proportions, the populations most likely to be neglected by our institutions include women, the working class, and people of color. Blending lyricism and erudition, candor and empathy, O'Rourke brings together her deep and disparate talents and roles as critic, journalist, poet, teacher, and patient, synthesizing the personal and universal into one monumental project arguing for a seismic shift in our approach to disease. **The Invisible Kingdom** offers hope for the sick, solace and insight for their loved ones, and a radical new understanding of our bodies and our health. **In Her Wake A Child Psychiatrist Explores the Mystery of Her Mother's Suicide: Easyread Large Edition** *ReadHowYouWant.com* A delivery announcement on elegant paper stamped with the date of a daughter's birth; a tarnished silver baby cup, dented at the rim; a lovingly hand-knitted sweater; a school committee flyer; hurried grocery lists. This is all Nancy Rappaport had left to remember her mother - a woman defined by her absence. In 1963, Nancy Rappaport's mother committed suicide after a bitter public divorce and custody battle. Nancy was just four years old and the youngest of six children. Growing up in a blended family of eleven children after her father remarried, Nancy was bewildered about why her mother took her own life and left her behind. Years later, encouraged by her own children's curiosity about their grandmother, and fortified by her training as a child psychiatrist, Nancy began to investigate her mother's life and the mysteries surrounding her death. Pursuing clues and following leads, Rappaport pieces together in **In Her Wake** a complex mosaic of her mother. Drawing on court depositions, newspaper coverage, her mother's unpublished novel, and interviews with family and friends, she uncovers the story of a conflicted and troubled activist, socialite, and community leader. Rappaport explores the impact of her mother's suicide from the perspective of a daughter, psychiatrist, wife, and mother of three - illuminating in the process the complicated nature of loss, reconciliation, and healing. Inspiring, honest, and engaging, **In Her Wake** is a powerful testament to a woman's search for answers, and a potent reminder that love outlasts death. **Nothing Was the Same** *Vintage* Kay Redfield Jamison, award-winning professor and writer, changed the way we think about moods and madness. Now Jamison uses her characteristic honesty, wit and eloquence to look back at her relationship with her husband, Richard Wyatt, a renowned scientist who died of cancer. **Nothing was the Same** is a penetrating psychological study of grief viewed from deep inside the experience itself. **first, we make the beast beautiful A New Story About Anxiety** *Macmillan Publishers Aus.* "Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of *The Subtle Art of Not Giving a F*ck* Sarah Wilson is a *New York Times* and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of *IQuitSugar.com*, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of *Cosmopolitan*, she was the host of the first series of *MasterChef Australia* and is the author of the international bestsellers *first, we make the beast beautiful*,

I Quit Sugar: Simplicious, I Quit Sugar and I Quit Sugar For Life. Her latest book is **I Quit Sugar: Simplicious Flow.** She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In first, we make the beast beautiful, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. **MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL** "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of *The Noonday Demon: An Anatomy of Depression Touched by Suicide Hope and Healing After Loss* *Penguin* Whether you are struggling with fresh grief at a loved one's death by suicide or your loss happened years ago, you should know that you are not alone. 5 million Americans are affected—directly or indirectly—by this tragedy each year. And it sends us on a lifelong search for answers, both to the practical questions and the deepest question of all: Why? In this definitive guide book, Michael F. Myers, MD, a leading psychiatrist, and Carla Fine, author of the acclaimed *No Time to Say Goodbye: Surviving the Suicide of a Loved One*, combine their perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by suicide. **Sinner Takes All A Memoir of Love and Porn** *Penguin* How does a girl go from being a shy, awkward bookworm to the biggest porn star in the world? In *Sinner Takes All*, Tera Patrick reveals all, including: her career as an international model; losing her virginity at fourteen to a thirtysomething photographer; learning oral sex techniques backstage at a Guns N' Roses concert; having an orgy with a team of firefighters; her unglamorous job in a nursing home; her first forays into the adult movie business; and how, with her husband's help, she launched her own multimillion-dollar empire. Along the way, she dishes on the emotional side of being Tera Patrick, writing candidly about her battles with depression and anxiety. She also discusses finding true love and building a healthy marriage, achievements that many consider to be impossible in the world of porn. Featuring hundreds of photos, plus diary pages and scintillating sidebars, *Sinner Takes All* takes the tell-all to raunchy new heights. **Reading My Father A Memoir** *Simon and Schuster* The daughter of author William Styron discusses growing up in the same house as a moody literary giant, whose life spiraled out of control when he sank into a deep depression. **The Place Between Breaths** *Simon and Schuster* "A searing, shattering, exquisite shard of a book." —Ally Condie, #1 New York Times bestselling author of the *Matched* Trilogy "A brilliant, necessary candle in the darkness." —Brendan Kiely, New York Times bestselling and award-winning coauthor of *All American Boys* and *Tradition* From master storyteller and Printz Award-winning author *An Na* comes a dark, intensely moving story of a girl desperately determined to find a cure for the illness that swept her mother away, and could possibly destroy her own life as well. Sixteen-year-old Grace is in a race against time—and in a race for her life—even if she doesn't realize it yet... She is smart, responsible, and contending with more than what most teens ever should. Her mother struggled with schizophrenia for years until, one day, she simply disappeared—fleeing in fear that she was going to hurt those she cared about most. Ever since, Grace's father has worked as a recruiter at one of the leading labs dedicated to studying the disease, trying to lure the world's top scientists to the faculty to find a cure, hoping against hope it can happen in time to help his wife if she is ever found. But this makes him distant. Consumed. Grace, in turn, does her part, interning at the lab in the gene sequencing department, daring to believe that one day they might make a breakthrough...and one day they do. Grace stumbles upon a string of code that could be the key. But something inside of Grace has started to unravel. Could her discovery just be a cruel side effect of the disease that might be taking hold of her? And can she even tell the difference? With unflinching bravery, *An Na* has created a mesmerizing story with twists and turns that reveal jaw-dropping insights into the mind of someone struggling with schizophrenia. **When Nothing Matters Anymore A Survival Guide for Depressed Teens** *Free Spirit Publishing* On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death—and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, *When Nothing Matters Anymore* defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression. **Confessions Of An Ugly**

Stepsister A Novel *Harper Collins* Is this new land a place where magics really happen? From Gregory Maguire, the acclaimed author of *Wicked*, comes his much-anticipated second novel, a brilliant and provocative retelling of the timeless Cinderella tale. In the lives of children, pumpkins can turn into coaches, mice and rats into human beings.... When we grow up, we learn that it's far more common for human beings to turn into rats.... We all have heard the story of Cinderella, the beautiful child cast out to slave among the ashes. But what of her stepsisters, the homely pair exiled into ignominy by the fame of their lovely sibling? What fate befell those untouched by beauty . . . and what curses accompanied Cinderella's exquisite looks? Extreme beauty is an affliction Set against the rich backdrop of seventeenth-century Holland, *Confessions of an Ugly Stepsister* tells the story of Iris, an unlikely heroine who finds herself swept from the lowly streets of Haarlem to a strange world of wealth, artifice, and ambition. Iris's path quickly becomes intertwined with that of Clara, the mysterious and unnaturally beautiful girl destined to become her sister. Clara was the prettiest child, but was her life the prettiest tale? While Clara retreats to the cinders of the family hearth, burning all memories of her past, Iris seeks out the shadowy secrets of her new household--and the treacherous truth of her former life. God and Satan snarling at each other like dogs.... Imps and fairy godmothers trying to undo each other's work. How we try to pin the world between opposite extremes! Far more than a mere fairy-tale, *Confessions of an Ugly Stepsister* is a novel of beauty and betrayal, illusion and understanding, reminding us that deception can be unearthed--and love unveiled--in the most unexpected of places. **The Bipolar Disorder Survival Guide, Third Edition What You and Your Family Need to Know** *Guilford Publications* Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools. **Another Kind of Madness A Journey Through the Stigma and Hope of Mental Illness** "Families are riddled with untold secrets. But Stephen Hinshaw would have never thought that in his family a profound secret had been kept under lock and key for 18 years. From the moment his father revealed his long history with mental illness and involuntary hospitalizations, Hinshaw knew his life would be changed forever. Hinshaw calls his father's reveal "psychological birth"--after years of experiencing the ups and downs of his father's illness without knowing it existed, watching him disappear for weeks at a time only to return as the loving father he had always known, everything he experienced as a child began to make sense. He learned as much as possible about his father's illness, and what began as an exploration into his father's past and mental health turned into a full-fledged career as a clinical psychologist. In *Another Kind of Madness*, Hinshaw explores the burden of living in a family "loaded" with mental illness and debunks the "stigma" behind it, explaining that in today's society, mental health problems can result in a loss of a driver's license, inability to vote or run for office, ineligibility for jury service, or automatic relinquishment of child custody. With a moving personal narrative and shocking facts about how America views mental health conditions in the 21st century, *Another Kind of Madness* is a passionate call to arms regarding the importance of destigmatizing mental illness"-- **The Year of Magical Thinking** *Vintage* **NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER •** From one of America's iconic writers, a stunning book of electric honesty and passion that explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child. Several days before Christmas 2003, John Gregory Dunne and Joan Didion saw their only daughter, Quintana, fall ill with what seemed at first flu, then pneumonia, then complete septic shock. She was put into an induced coma and placed on life support. Days later—the night before New Year's Eve—the Dunnes were just sitting down to dinner after visiting the hospital when John Gregory Dunne suffered a massive and fatal coronary. In a second, this close, symbiotic partnership of forty years was over. Four weeks later, their daughter pulled through. Two months after that, arriving at LAX, she collapsed and underwent six hours of brain surgery at UCLA Medical Center to relieve a massive hematoma. This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness ... about marriage and children and memory ... about the shallowness of sanity, about life itself. **The Boy Who Came Back from Heaven A True Story A Remarkable Account of Miracles Angels, and Life beyond this World AN ACCIDENT, A MIRACLE , and a SUPERNATURAL ENCOUNTER** that will give you new insights on Heaven, angels, and hearing the voice of God. In 2004, Kevin Malarkey and his six-year-old son, Alex, suffered a terrible car wreck. The impact from the crash paralyzed Alex - and it seemed impossible that he could survive. When Alex awoke from a coma two months later, he had an incredible story to share. Of events at the accident scene and in the hospital while he was unconscious. Of the unearthly music that sounded just terrible to a six-year-old. Of the angels who took him through the gates of Heaven itself. And, most amazing of all . . . of meeting and talking to Jesus. **The Boy Who Came Back from Heaven** is the true story of an ordinary boy's most extraordinary journey. As you see Heaven and earth through Alex's eyes, you'll come away with new insights on miracles, life beyond this world, and the power of a father's love. **South of Broad A Novel** *Dial Press* **#1 NEW YORK TIMES BESTSELLER • "A big sweeping novel of friendship and marriage" (The Washington Post)** by the celebrated author of *The Prince of Tides* and *The Great Santini* Leopold Bloom King has been raised in a family shattered—and shadowed—by tragedy. Lonely and adrift, he searches for something to sustain him and finds it among a tightly knit group of outsiders. Surviving marriages happy and troubled, unrequited loves and unspoken longings, hard-won successes and devastating breakdowns, as well as Charleston, South Carolina's dark legacy of racism and class divisions, these friends will endure

until a final test forces them to face something none of them are prepared for. Spanning two turbulent decades, *South of Broad* is Pat Conroy at his finest: a masterpiece from a great American writer whose passion for life and language knows no bounds. Praise for *South of Broad* "Vintage Pat Conroy . . . a big sweeping novel of friendship and marriage."—The Washington Post "Conroy remains a magician of the page."—The New York Times Book Review "Richly imagined . . . These characters are gallant in the grand old-fashioned sense, devoted to one another and to home. That siren song of place has never sounded so sweet."—New Orleans Times-Picayune "A lavish, no-holds-barred performance."—The Atlanta Journal-Constitution "A lovely, often thrilling story."—The Dallas Morning News "A pleasure to read . . . a must for Conroy's fans."—Associated Press

The Cost of Hope A Memoir *Random House Incorporated* The Pulitzer Prize-winning journalist and author of *In Memoriam* documents her marriage to the eccentric Terrence Brian Foley and her quest to save his life after his cancer diagnosis, offering insight into what his treatment revealed about health care in America. 30,000 first printing. **On My Own** *Knopf* In a deeply personal and moving book, the beloved NPR radio host speaks out about the long drawn-out death (from Parkinson's) of her husband of fifty-four years, and of her struggle to reconstruct her life without him. With John gone, Diane was indeed "on her own," coping with the inevitable practical issues and, more important, with the profoundly emotional ones. What to do, how to react, reaching out again into the world--struggling to create a new reality for herself while clinging to memories of the past. Her focus is on her own roller-coaster experiences, but she has also solicited the moving stories of such recently widowed friends as Roger Mudd and Susan Stamberg, which work to expose the reader to a remarkable range of reactions to the death of a spouse. John's unnecessarily extended death--he begged to be helped to die--culminated in his taking matters into his own hands, simply refusing to take water, food, and medication. His heroic actions spurred Diane into becoming a kind of poster person for the "right to die" movement that is all too slowly taking shape in our country. With the brave determination that has characterized her whole life, she is finding a meaningful new way to contribute to the world. Her book--as practical as it is inspiring--will be a help and a comfort to the recently bereaved, and a beacon of hope about the possibilities that remain to us as we deal with our own approaching mortality. **Breaking Night A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard** *Hachette Books* In the vein of *The Glass Castle*, *Breaking Night* is the stunning memoir of a young woman who at age fifteen was living on the streets, and who eventually made it into Harvard. Liz Murray was born to loving but drug-addicted parents in the Bronx. In school she was taunted for her dirty clothing and lice-infested hair, eventually skipping so many classes that she was put into a girls' home. At age fifteen, Liz found herself on the streets. She learned to scrape by, foraging for food and riding subways all night to have a warm place to sleep. When Liz's mother died of AIDS, she decided to take control of her own destiny and go back to high school, often completing her assignments in the hallways and subway stations where she slept. Liz squeezed four years of high school into two, while homeless; won a New York Times scholarship; and made it into the Ivy League. *Breaking Night* is an unforgettable and beautifully written story of one young woman's indomitable spirit to survive and prevail, against all odds. **Hurry Down Sunshine A Memoir** *HarperCollins Canada* At the age of 15, during one long and difficult summer, Michael Greenberg's daughter, Sally, was struck mad. Her visionary crack-up occurred on the streets of Greenwich Village and continued, among other places, in the lost-in-time world of a Manhattan psychiatric ward during New York City's most sweltering months. *Hurry Down Sunshine* is Greenberg's journey toward comprehending mental illness in his own family. With touching honesty and intimacy, he reveals the effect of Sally's mania on those closest to her, including her easygoing brother, her stalwart grandmother, her new-age mother, her artistic, loving stepmother—and, finally, on himself. Unsensational, nuanced and deeply humane, *Hurry Down Sunshine* is a transcendent memoir about mental illness and the restorative power of one father's love for his daughter. **The Still Point of the Turning World** *Penguin* "A brilliant study of the wages of mortal love." —The New York Times Book Review What does it mean to be a success? To be a good parent? To live a meaningful life? Emily Rapp thought she knew the answers when she was pregnant with her first child. But everything changed when nine-month-old Ronan was diagnosed with Tay-Sachs disease, a rare and always-fatal degenerative disorder. He was not expected to live beyond the age of three. Rapp and her husband were forced to re-evaluate everything they thought they knew about parenting and to learn to parent without a future. Even before the book's publication, Rapp set the Internet ablaze with her New York Times op-ed piece about parenting a terminally ill child. An immediate bestseller, *The Still Point of the Turning World* is Rapp's memorial to her lost son and an inspiring and exquisitely moving reminder to love and live in the moment. **Mind Estranged My Journey from Schizophrenia and Homelessness to Recovery** *MIND ESTRANGED* tells the story of Bethany's life, from her years as a promising university student through her gradual descent into schizophrenia, and unexpected, full recovery. While slowly losing her sanity, she traveled the world. She returned to the U.S. unable to work or study, and soon found herself homeless, delusional, and controlled by voices that talked to her and gave her orders in her mind. Bethany's memoir enables the reader to enter into the mind of a person with schizophrenia, homeless and roaming the streets. While living in the shadows of society, her illness drove her to refuse all contact with her family and friends, and eventually led to her arrest and hospitalization. Against all odds, she recovered from schizophrenia, returned to college, and graduated with honors. Henry A. Nasrallah, MD, a professor of psychiatry who treated Bethany, writes, "Bethany is living proof that recovery from schizophrenia is possible with good medical care, solid family support and the courage to keep fighting the tormenting voices that ordered her every move and controlled her every thought. *MIND ESTRANGED* is also a powerful message of encouragement and support for any human being facing an overwhelming challenge at some point in life." *MIND ESTRANGED* is the companion book to *FLIGHT FROM REASON: A Mother's Story of Schizophrenia, Recovery and Hope*, by Karen S. Yeiser. *FLIGHT FROM REASON* parallels the timeline of *MIND ESTRANGED*. **The Collected Schizophrenias Essays** *Graywolf Press* Powerful, affecting essays on mental illness, winner of the Graywolf Press

Nonfiction Prize and a Whiting Award An intimate, moving book written with the immediacy and directness of one who still struggles with the effects of mental and chronic illness, *The Collected Schizophrenias* cuts right to the core. Schizophrenia is not a single unifying diagnosis, and Esmé Weijun Wang writes not just to her fellow members of the “collected schizophrenias” but to those who wish to understand it as well. Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community’s own disagreement about labels and procedures for diagnosing those with mental illness, and then follows an arc that examines the manifestations of schizophrenia in her life. In essays that range from using fashion to present as high-functioning to the depths of a rare form of psychosis, and from the failures of the higher education system and the dangers of institutionalization to the complexity of compounding factors such as PTSD and Lyme disease, Wang’s analytical eye, honed as a former lab researcher at Stanford, allows her to balance research with personal narrative. An essay collection of undeniable power, *The Collected Schizophrenias* dispels misconceptions and provides insight into a condition long misunderstood.

Mad Like Me Travels in Bipolar Country *Mad Like Me: Travels in Bipolar Country* takes you through one woman’s life and her struggles with bipolar disorder. Her fearless honesty in retelling events helps to demystify a much misunderstood mental illness, and to humanize the people it affects. This book is a testimony to hope and to a family that stood by her through both the pain and the triumph of her story at the end. A must-read for therapists, psychiatrists, patients working through recovery, and for families who may need insight into what it is truly like to have bipolar disorder.

Birth of a New Brain *Healing from Postpartum Bipolar Disorder* *Post Hill Press* After the birth of her baby triggers a manic maelstrom, Dyane Harwood struggles to survive the bewildering highs and crippling lows of her brain’s turmoil. *Birth of a New Brain* vividly depicts her postpartum bipolar disorder, an unusual type of bipolar disorder and postpartum mood and anxiety disorder. During her childhood, Harwood grew up close to her father, a brilliant violinist in the Los Angeles Philharmonic who had bipolar disorder. She learned how bipolar disorder could ravage a family, but she never suspected that she’d become mentally ill—until her baby was born. Harwood wondered if mental health would always be out of her reach. From medications to electroconvulsive therapy, from “redwood forest baths” to bibliotherapy, she explored both traditional and unconventional methods of recovery—in-between harrowing psychiatric hospitalizations. Harwood reveals how she ultimately achieved a stable mood. She discovered that despite having a chronic mood disorder, a new, richer life is possible. *Birth of a New Brain* is the chronicle of one mother’s perseverance, offering hope and grounded advice for those battling mental illness.

The Dolphin Letters, 1970-1979 Elizabeth Hardwick, Robert Lowell, and *Their Circle* *Farrar, Straus and Giroux* The correspondence between one of the most famous couples of twentieth-century literature *The Dolphin Letters* offers an unprecedented portrait of Robert Lowell and Elizabeth Hardwick during the last seven years of Lowell’s life (1970 to 1977), a time of personal crisis and creative innovation for both writers. Centered on the letters they exchanged with each other and with other members of their circle—writers, intellectuals, friends, and publishers, including Elizabeth Bishop, Caroline Blackwood, Mary McCarthy, and Adrienne Rich—the book has the narrative sweep of a novel, telling the story of the dramatic breakup of their twenty-one-year marriage and their extraordinary, but late, reconciliation. Lowell’s controversial sonnet-sequence *The Dolphin* (for which he used Hardwick’s letters as a source) and his last book, *Day by Day*, were written during this period, as were Hardwick’s influential books *Seduction and Betrayal: Essays on Women in Literature* and *Sleepless Nights: A Novel*. Lowell and Hardwick are acutely intelligent observers of marriages, children, and friends, and of the feelings that their personal crises gave rise to. *The Dolphin Letters*, masterfully edited by Saskia Hamilton, is a debate about the limits of art—what occasions a work of art, what moral and artistic license artists have to make use of their lives as material, what formal innovations such debates give rise to. The crisis of Lowell’s *The Dolphin* was profoundly affecting to everyone surrounding him, and Bishop’s warning to Lowell—“art just isn’t worth that much”—haunts.

Paris Without Her A *Memoir* *Knopf* In this moving, tender memoir of losing a beloved spouse, the longtime editor of *Texas Monthly*, newly widowed, returns alone to a city whose enchantment he’s only ever shared with his wife, in search of solace, memories, and the courage to find a way forward. At the age of sixty-six, after thirty-five years of marriage, Gregory Curtis finds himself a widower. Tracy—with whom he fell in love the first time he saw her—has succumbed to a long battle with cancer. Paralyzed by grief, agonized by social interaction, Curtis turns to watching magic lessons on DVD—“a pathetic, almost comical substitute” for his evenings with Tracy. To break the spell, he returns to the place he had the “best and happiest times” of his life. As he navigates the storied city and contemplates his new future, Curtis relives his days in Paris with Tracy, piecing together the portrait of a woman, a marriage, parenthood, and his life’s great love through the memories of six unforgettable trips to the City of Lights. Alone in Paris, Curtis becomes a tireless wanderer, exploring the city’s grand boulevards and forgotten corners as he confronts the bewildering emotional state that ensues after losing a life partner. *Paris Without Her* is a work of tremendous courage and insight—an ode to the lovely woman who was his wife, to a magnificent city, and to the self we might invent, and reinvent, there.

Stations of the Heart *Parting With a Son* *Alfred a Knopf Incorporated* Describes the author’s wrenching loss of his son to melanoma, a tragedy also marked by the imminent birth of another child and the spiritual lessons imparted by the young man throughout the end of his life.

Writing Widowhood *The Landscapes of Bereavement* *SUNY Press* Explores how memoirs of widowhood can help us understand the reality of bereavement and the critical role of writing and reading in recovery. The death of a beloved spouse after a lifetime of companionship is a life-changing experience. To help understand the reality of bereavement, Jeffrey Berman focuses on five extraordinary American writers—Joan Didion, Sandra Gilbert, Gail Godwin, Kay Redfield Jamison, and Joyce Carol Oates—each of whom has written a memoir of spousal loss. In each chapter, Berman gives an overview of the writer’s life and art before widowhood, including her early preoccupation with death, and then discusses the writer’s memoir and her life as a widow. He discovers that writing was, for all of these authors, both a solace and a lifeline, enabling them to maintain bonds with their lost loved

ones while simultaneously moving on with their lives. These memoirs of widowhood, Berman maintains, reveal not only courage and resilience in the face of loss, but also the critical role of writing and reading in bereavement and recovery. "Writing Widowhood is a stunning achievement that combines biography, literary history, and theoretical and philosophical exploration into the nature of grief as well as mental illness—all seamlessly executed. Berman elegantly and lucidly conveys a range of theories and perspectives to suit both academic and general readers. Berman never compromises complexity while remaining accessible and straightforward throughout." — Virginia L. Blum, author of *Flesh Wounds: The Culture of Cosmetic Surgery* "Writing Widowhood contributes to the field of autobiography/biography, and particularly to women's writing within that generic field, by discussing five memoirs which Berman categorizes as the 'widow memoir.' No other critic that I know has shaped commentaries into a newly defined genre. Berman's book, thus, makes an important contribution to the overall field." — Linda Wagner-Martin, author of *Telling Women's Lives: The New Biography* *The Noonday Demon An Atlas Of Depression* *Simon and Schuster* The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies. *All for Nothing* *New York Review of Books* A wealthy family tries--and fails--to seal themselves off from the chaos of post-World War II life surrounding them in this stunning novel by one of Germany's most important post-war writers. In East Prussia, January 1945, the German forces are in retreat and the Red Army is approaching. The von Globig family's manor house, the Georgenhof, is falling into disrepair. Auntie runs the estate as best she can since Eberhard von Globig, a special officer in the German army, went to war, leaving behind his beautiful but vague wife, Katharina, and her bookish twelve-year-old son, Peter. As the road fills with Germans fleeing the occupied territories, the Georgenhof begins to receive strange visitors--a Nazi violinist, a dissident painter, a Baltic baron, even a Jewish refugee. Yet in the main, life continues as banal, wondrous, and complicit as ever for the family, until their caution, their hedged bets, and their denial are answered by the wholly expected events they haven't allowed themselves to imagine. *All for Nothing*, published in 2006, was the last novel by Walter Kempowski, one of postwar Germany's most acclaimed and popular writers. *The Hypomaniac Edge The Link Between (A Little) Craziiness and (A Lot of) Success in America* *Simon and Schuster* Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.