

## An Unquiet Mind A Memoir Of Moods And Madness Picador Classic Book 4

This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression.

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.

*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.

Experience the inner world of a woman with schizophrenia in this brutally honest, lyrical memoir. Have you ever wondered what it is like in the mind of a person with Schizophrenia? How can one survive day after day unable to distinguish between one's inner nightmares and the everyday realities that most of us take for granted? In her brutally honest, highly original memoir, Kristina Morgan takes us inside her head to experience the chaos, fragmented thinking, and the startling creativity of the schizophrenic mind. With the intimacy of private journal-like entries and the language of a poet, she carries us from her childhood to her teen years when hallucinations began to hijack her mind and into adulthood where she began abusing alcohol to temper the punishing voices that only she could hear. This is no formulaic tale of tragedy and triumph: We feel Kristina's hope as she pursues an education and career and begins to build strong family connections, friendships and intimacy—and her devastation as the insistent voices convince her to throw it all away, destroying herself and alienating everyone around her. Woven through the pages of her life are stories of recovery from alcoholism and the search for her sexual identity in relationships with both women and men. Eventually, her journey takes her to a place of relative peace and stability where she finds the inner resources and support system to manage her chronic illnesses and live a fulfilling life.

Imagine a young boy who has never had a loving home. His only possessions are the old, torn clothes he carries in a paper bag. The only world he knows is one of isolation and fear. Although others had rescued this boy from his abusive alcoholic mother, his real hurt is just beginning -- he has no place to call home. This is Dave Pelzer's long-awaited sequel to *A Child Called "It"*. In *The Lost Boy*, he answers questions and reveals new adventures through the compelling story of his life as an adolescent. Now considered an F-Child (Foster Child), Dave is moved in and out of five different homes. He suffers shame and experiences resentment from those who feel that all foster kids are trouble and unworthy of being loved just because they are not part of a "real" family. Tears, laughter, devastation and hope create the journey of this little lost boy who searches desperately for just one thing -- the love of a family.

The author describes his longtime battle with ills of manic depression, his desperate search for the ultimate high, the art-forgery scandal that confined him to jail and to house arrest, and his decision to opt for the controversial treatment of electroconvulsive therapy to preserve his sanity. Reprint. 30,000 first printing.

Shortlisted for the Wellcome Book Prize 2019 '[A] painfully intense, courageous and gripping account of [Fanning's] journey to the underworld of madness and back. This is a brave and instructive book.' Irish Times 'Extraordinary. An account of mental illness, grief, delusions, homelessness, a fractured family relationship ... and all while trying to recover and create. Superb writing on a frequently difficult subject.' Sinéad Gleeson Arnold Thomas Fanning had his first experience of depression during adolescence, following the death of his mother. Some ten years later, an up-and-coming playwright, he was overcome by mania and delusions. Thus began a terrible period in which he was often suicidal, increasingly disconnected from family and friends, sometimes in trouble with the law, and homeless in London. Drawing on his own memories, the recollections of people who knew him when he was at his worst, and medical and police records, Arnold Thomas Fanning has produced a beautifully written, devastatingly intense account of madness - and recovery, to the point where he has not had any serious illness for over a decade and has become an acclaimed playwright. Fanning conveys the consciousness of a person living with mania, psychosis and severe depression with a startling precision and intimacy. *Mind on Fire* is the gripping, sometimes harrowing, and ultimately uplifting testament of a person who has visited hellish regions of the mind. 'Arnold Thomas Fanning offers the most vivid and unflinching window into the mind of someone who is in the throes of madness ... It was like nothing I'd read before' Rick Edwards 'Mind on Fire is a truly powerful, arresting, haunting account. Arnold Thomas Fanning has reckoned with the darkest matter of his heart and mind, and I challenge anyone not to be moved by that.' Sara Baume, author of *Spill Simmer Falter Wither* and *A Line Made by Walking* 'In this strange and singular book, Arnold Thomas Fanning mercilessly excavates the infernal underworld of his own years of madness. As reminiscent as it occasionally is of John Healy's *The Grass Arena*, and even of Orwell's *Down and Out in Paris and London*, the book is ultimately not quite like anything else I've read, and brought me as close to the lived reality of mental illness as I have ever been. It's a significant achievement: a painful, inexorable work of autobiography, whose existence is its own form of redemption.' Mark O'Connell, Baillie Gifford Prize-shortlisted author of *To Be a Machine* 'This is an extraordinary memoir about how it feels to be depressed, delusional, desperate' The Observer 'Incredibly important' Emilie Pine, author of *Notes to Self* 'A ratcheting pace, a tight first-person immediacy, and utterly staggering to be a passenger over its entire warped course ... An indelible, ground-shaking account' Hilary A White, Irish Independent, *Memoir of the Year*, Best Reads of 2018 'A spellbinding memoir that should prove both moving and hopefully cathartic for the reader.' RTE Culture 'Told in tight and immediate first-person, and imbued with a startling momentum that ratchets unnervingly, Fanning's publishing debut ... is a significant achievement and should be a talking

point in publishing this year.' Irish Independent 'Fanning's debut book lays it on the line in a deeply personal and compelling chronicle of his descent into depression and his way back out.' RTE Guide 'Wonderful' Joseph O'Connor, Irish Times Books of the Year 'Unsparingly direct, searing and honest ... It is gripping to read and must have been exhausting to live' Medical Independent 'One of the most gripping and revealing memoirs I've read in a long time. A controlled and artful exploration of absolute loss of control, an unsettling and at times very moving reconstruction of a period of serious mental illness, Mind on Fire is a beautiful book about a terrifying thing.' Mark O'Connell, Irish Times Books of the Year 'Gripping' Sinéad Gleeson, Irish Times Books of the Year 'Shocking' Liz Nugent, Irish Times Books of the Year 'Poignant, beautifully detailed memoir' Sarah Gilmartin, Irish Times, Best debuts of 2018 'Brave and illuminating' Sunday Business Post 'This is the type of account that not only grips you wholesale as the pages flutter past, it also changes your very perception of psychology' Hilary A White, Sunday Independent Memoir of the Year

"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"--

"Soars into sublime meditation...what makes this book so extraordinary is her willingness to reveal exactly what goes on in the sometimes mysterious encounter between therapist and patient."—The Los Angeles Times. A moving account of a true-life double healing through psychotherapy. In this brave, iconoclastic, and utterly unique book, psychotherapist Annie Rogers chronicles her remarkable bond with Ben, a severely disturbed five-year-old. Orphaned, fostered, neglected, and forgotten in a household fire, Ben finally begins to respond to Annie in their intricate and revealing platy therapy. But as Ben begins to explore the trauma of his past, Annie finds herself being drawn downward into her own mental anguish. Catastrophically failed by her own therapist, she is hospitalized with a breakdown that renders her unable to speak. Then she and her gifted new analyst must uncover where her story of childhood terror overlaps with Ben's, and learn how she can complete her work with the child by creating a new story from the old—one that ultimately heals them both.

The stunning and long-awaited memoir from the beloved founder of the James Beard Award-winning website Leite's Culinaria—a candid, courageous, and at times laugh-out-loud funny story of family, food, mental illness, and sexual identity. Born into a family of Azorean immigrants, David Leite grew up in the 1960s in a devoutly Catholic, blue-collar, food-crazed Portuguese home in Fall River, Massachusetts. A clever and determined dreamer with a vivid imagination and a flair for the dramatic, "Banana" as his mother endearingly called him, yearned to live in a middle-class house with a swinging kitchen door just like the ones on television, and fell in love with everything French, thanks to his Portuguese and French-Canadian godmother. But David also struggled with the emotional devastation of manic depression. Until he was diagnosed in his mid-thirties, David found relief from his wild mood swings in learning about food, watching Julia Child, and cooking for others. Notes on a Banana is his heartfelt, unflinchingly honest, yet tender memoir of growing up, accepting himself, and turning his love of food into an award-winning career. Reminiscing about the people and events that shaped him, David looks back at the highs and lows of his life: from his rejection of being gay and his attempt to "turn straight" through Aesthetic Realism, a cult in downtown Manhattan, to becoming a writer, cookbook author, and web publisher, to his twenty-four-year relationship with Alan, known to millions of David's readers as "The One," which began with (what else?) food. Throughout the journey, David returns to his stoves and tables, and those of his family, as a way of grounding himself. A blend of Kay Redfield Jamison's *An Unquiet Mind*, the food memoirs by Ruth Reichl, Anthony Bourdain, and Gabrielle Hamilton, and the character-rich storytelling of Augusten Burroughs, David Sedaris, and Jenny Lawson, Notes on a Banana is a feast that dazzles, delights, and, ultimately, heals.

In this unforgettable memoir, first-time author Julie Kraft takes readers on an intimate journey through her struggles and triumphs with bipolar disorder. No stone is left unturned. In baring her skeletons and soul, Julie offers a rare glimpse into a world that affects millions but is often misrepresented, feared, or hidden. It is Julie's greatest hope that in sharing her story she will open minds, shatter stigma, and offer hope to those walking a similar path.

An Unquiet Mind A Memoir of Moods and Madness Vintage

"This is the story of an extraordinary boy with a brilliant mind, a heart of gold, and a tortured soul. It is the story of an illness, a fight to live, and a race against death. I want to share the story, and the pain, the courage, the love, and what I learned in living through it. I want Nick's life to be not only a tender memory for us, but a gift to others. . . . I would like to offer people hope and the realities we lived with. I want to make a difference. My hope is that someone will be able to use what we learned, and save a life with it."—Danielle Steel From the day he was born, Nick Traina was his mother's joy. By nineteen, he was dead. This is Danielle Steel's powerful, personal story of the son she lost and the lessons she learned during his courageous battle against darkness. Sharing tender, painful memories and Nick's remarkable journals, Steel brings us a haunting duet between a singular young man and the mother who loved him—and a harrowing portrait of a masked killer called manic depression, which afflicts between two and three million Americans. At once a loving legacy and an unsparing depiction of a devastating illness, Danielle Steel's tribute to her lost son is a gift of life, hope, healing, and understanding to us all.

The author recounts her own personal struggle with manic-depression and how it has shaped her life.

Conflict develops when a wife's income surpasses that of her husband.

With candor and humor, a manic-depressive Iranian-American Muslim woman chronicles her experiences with both clinical and cultural bipolarity. Born to Persian parents at the height of the Islamic Revolution and raised amid a vibrant, loving, and gossipy Iranian diaspora in the American heartland, Melody Moezzi was bound for a bipolar life. At 18, she began battling a severe physical illness, and her community stepped up, filling her hospital rooms with roses, lilies and hyacinths. But when she attempted suicide and was diagnosed with bipolar disorder, there were no flowers. Despite several stays in psychiatric hospitals, bombarded with tranquilizers, mood-stabilizers, and anti-psychotics, she was

encouraged to keep her illness a secret—by both her family and an increasingly callous and indifferent medical establishment. Refusing to be ashamed or silenced, Moezzi became an outspoken advocate, determined to fight the stigma surrounding mental illness and reclaim her life along the way. Both an irreverent memoir and a rousing call to action, *Haldol and Hyacinths* is the moving story of a woman who refused to become a victim. Moezzi reports from the frontlines of an invisible world, as seen through a unique and fascinating cultural lens. A powerful, funny, and moving narrative, *Haldol and Hyacinths* is a tribute to the healing power of hope and humor.

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.

An essential resource for anyone who has a close relationship with a person who is bipolar This book provides a much-needed resource for family and friends of the more than 5 million American adults suffering from bipolar disorder. From psychotic behavior that requires medication to milder mood swings with disturbing ups and down, this book offers a warm and often humorous user-friendly guide for coping with bipolar loved ones, colleagues, and friends. The book includes Guidance for identifying bipolar disorder symptoms and how to get the diagnosis confirmed Strategies for dealing with rants, attacks, blame, depression, mania and other behaviors Crucial information on medication and its effectiveness and potential side-effects Techniques for dealing with attempts to self-medicate with drugs and alcohol How many people with bipolar disorders can care for themselves, get help, feel supported and go on with their own lives This important book contains real-life illustrative examples and a wealth of helpful strategies and coping mechanisms that can be put into action immediately.

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. Unsentimental, 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.

It was only when the author was diagnosed as a bipolar in 2003, leading to his hospitalization, that he first heard about this serious mental illness. From being comfortably perched as a successful entrepreneur, he was abruptly flung into terrifying, unknown territory. Extreme mood swings from manic highs to desperate lows made life miserable. The awareness about this chronic, debilitating condition was almost nonexistent in India back then and the stigma, stifling. Disturbingly, the situation remains largely unchanged, unlike developed countries where support groups thrive. Where there is iron-willed determination, the biggest of challenges can be surmounted. The unstinted support of his family, close friends, mentors and medical team helped him in his arduous climb. Medical treatment needs to be supplemented by a healing regimen. Resolutely, he made yoga, meditation and spiritual advancement an intrinsic part of his life. This cathartic journey ended up freeing him. An inspiring story of resilience, his is a rare voice of hope from the East trying to reach out to millions of his community, saying, Yes! A bipolar too can lead a normal and happy life. *A Bipolar's Journey* may well help you walk away From Torment to Fulfillment. So let's walk together.

Maintaining a relationship is hard enough without the added challenges of your partner's bipolar disorder symptoms. *Loving Someone with Bipolar Disorder* offers information and step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. This book explains the symptoms of your partner's disorder and offers strategies for preventing them and responding to these symptoms when they do occur. This updated edition includes a new section about the medications your partner may be taking so that you can understand the side effects and help monitor his or her bipolar treatment. As a supportive partner, you deserve support yourself. This book will help you create a more balanced, fulfilling relationship. Improve your relationship by learning how to:

- Identify your partner's symptom triggers so you can prevent episodes
- Improve communication by stopping irrational "bipolar conversations"
- Handle your partner's emotional ups and downs
- Foster closeness and connection with your partner

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness. 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. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

The popular Unity minister who authored the acclaimed *Discover the Power Within You* offers a non-theological, non-ritualistic guide to prayer for contemporary seekers of oneness, guidance, and self-regulation.

A discussion of the science of human personality offers the latest findings from brain science and genetics to explain what determines the choices we make, looks at the different personality types, and blends true-life stories with scientific research to explore why some people are worriers and others wanderers.

In her revealing bestseller *Call Me Anna*, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on *The Patty Duke Show* was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in *A Brilliant Madness* Patty Duke joins with medical

reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

The personal memoir of a manic depressive and an authority on the subject describes the onset of the illness during her teenage years and her determined journey through the realm of available treatments. Reprint. 125,000 first printing.

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.

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. The Center Cannot Hold is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

Soon to be a major motion picture, from Brad Pitt and Tony Kushner A Washington Post Best Book of 2015 A mid-century doctor's raw, unvarnished account of his own descent into madness, and his daughter's attempt to piece his life back together and make sense of her own. Texas-born and Harvard-educated, Dr. Perry Baird was a rising medical star in the late 1920s and 1930s. Early in his career, ahead of his time, he grew fascinated with identifying the biochemical root of manic depression, just as he began to suffer from it himself. By the time the results of his groundbreaking experiments were published, Dr. Baird had been institutionalized multiple times, his medical license revoked, and his wife and daughters estranged. He later received a lobotomy and died from a consequent seizure, his research incomplete, his achievements unrecognized. Mimi Baird grew up never fully knowing this story, as her family went silent about the father who had been absent for most of her childhood. Decades later, a string of extraordinary coincidences led to the recovery of a manuscript which Dr. Baird had worked on throughout his brutal institutionalization, confinement, and escape. This remarkable document, reflecting periods of both manic exhilaration and clear-headed health, presents a startling portrait of a man who was a uniquely astute observer of his own condition, struggling with a disease for which there was no cure, racing against time to unlock the key to treatment before his illness became impossible to manage. Fifty years after being told her father would forever be "ill" and "away," Mimi Baird set off on a quest to piece together the memoir and the man. In time her fingers became stained with the lead of the pencil he had used to write his manuscript, as she devoted herself to understanding who he was, why he disappeared, and what legacy she had inherited. The result of his extraordinary record and her journey to bring his name to light is He Wanted the Moon, an unforgettable testament to the reaches of the mind and the redeeming power of a determined heart.

For most of human history, mental illness has been largely untreatable. Sufferers lived their lives - if they survived - in and out of asylums, accumulating life's wreckage around them. In 1948, all that changed when an Australian doctor and recently returned prisoner of war, working alone in a disused kitchen, set about an experimental treatment for one of the scourges of mankind - manic depression, or bipolar disorder. That doctor was John Cade and in that small kitchen he stirred up a miracle. John Cade discovered a treatment that has become the gold standard for bipolar disorder - lithium. It has stopped more people from committing suicide than a thousand help lines. Lithium is the penicillin story of mental health - the first effective medication discovered for the treatment of a mental illness - and it is, without doubt, Australia's greatest mental health story.

A riveting memoir and a fascinating investigation of the history, uses, and controversies behind lithium, an essential medication for millions of people struggling with bipolar disorder. It began in Los Angeles in 1993, when Jaime Lowe was just sixteen. She stopped sleeping and eating, and began to hallucinate—demonically cackling Muppets, faces lurking in windows, Michael Jackson delivering messages from the Neverland Underground. Lowe wrote manifestos and math equations in her diary, and drew infographics on her bedroom wall. Eventually, hospitalized and diagnosed as bipolar, she was prescribed a medication that came in the form of three pink pills—lithium. In Mental, Lowe shares and investigates her story of episodic madness, as well as the stability she found while on lithium. She interviews scientists, psychiatrists, and patients to examine how effective lithium really is and how its side effects can be dangerous for long-term users—including Lowe, who after twenty years on the medication suffers from severe kidney damage. Mental is eye-opening and powerful, tackling an illness and drug that has touched millions of lives and yet remains shrouded in social stigma. Now, while she adjusts to a new drug, her pursuit of a stable life continues as does her curiosity about the history and science of the mysterious element that shaped the way she sees the world and allowed her decades of sanity. Lowe travels to the Bolivian salt flats that hold more than half of the world's lithium reserves, rural America where lithium is mined for batteries, and tolithium spas that are still touted as a tonic to cure all ills. With unflinching honesty and humor, Lowe allows a clear-eyed view into her life, and an arresting inquiry into one of mankind's oldest medical mysteries.

Many of the well-respected scholarly studies of autobiographical writing have little or nothing to say about mental illness. This book uncovers the mysterious relationship between mood disorders and creativity through the lives of seven writers, demonstrating how mental illness is sometimes the driving force behind creativity.

Shares the author's personal experiences with anxiety, describing its painful coherence and absurdities while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.

Moving, harrowing, and ultimately uplifting, Lori Schiller's memoir is a classic testimony to the ravages of mental illness and the power of perseverance and courage. At seventeen Lori Schiller was the perfect child—the only daughter of an affluent, close-knit family. Six years later she made her first suicide attempt, then wandered the streets of New York City dressed in ragged clothes, tormenting voices crying out in her mind. Lori Schiller had entered the horrifying world of full-blown schizophrenia. She began an ordeal of hospitalizations, halfway houses, relapses, more suicide attempts, and constant, withering despair. But against all odds, she survived. In this personal account, she tells how she did it, taking us not only into her own shattered world, but drawing on the words of the doctors who treated her and family members who suffered with her.

An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life—and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, Manic does not simply explain bipolar disorder—it takes us into its grasp and does not let go.

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.

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. In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know. When Marya Hornbacher published her first book, *Wasted: A Memoir of Anorexia and Bulimia*, she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage—where bipolar always beckons—is at the center of this brave and heart-stopping memoir. *Madness* delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists. *New York Times* "Humorous, articulate, and self-aware...A story that is almost impossible to put down."—"With the same intimately revelatory and shocking emotional power that marked [*Wasted*], Hornbacher guides us through her labyrinth of psychological demons."—Elle

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.

A wealth of evidence for doubters and disbelievers "Whether it's the latest shark cartilage scam, or some new 'repressed memory' idiocy that besets you, I suggest you carry a copy of this dictionary at all times, or at least have it within reach as first aid for psychic attacks. We need all the help we can get." -James Randi, President, James Randi Educational Foundation, randi.org "From alternative medicine, aliens, and psychics to the farthest shores of science and beyond, Robert Carroll presents a fascinating look at some of humanity's most strange and wonderful ideas. Refreshing and witty, both believers and unbelievers will find this compendium complete and captivating. Buy this book and feed your head!" -Clifford Pickover, author of *The Stars of Heaven* and *Dreaming the Future* "A refreshing compendium of clear thinking, a welcome and potent antidote to the reams of books on the supernatural and pseudoscientific." -John Allen Paulos, author of *Innumeracy* and *A Mathematician Reads the Newspaper* "This book covers an amazing range of topics and can protect many people from being scammed." -Stephen Barrett, M.D., quackwatch.org Featuring close to 400 definitions, arguments, and essays on topics ranging from acupuncture to zombies, *The Skeptic's Dictionary* is a lively, commonsense trove of detailed information on all things supernatural, occult, paranormal, and pseudoscientific. It covers such categories as alternative medicine; cryptozoology; extraterrestrials and UFOs; frauds and hoaxes; junk science;

logic and perception; New Age energy; and the psychic. For the open-minded seeker, the soft or hardened skeptic, and the believing doubter, this book offers a remarkable range of information that puts to the test the best arguments of true believers.

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