

Brain Fire My Month Madness

Brain On Fire: My Month of Madness Penguin UK

"One of America's most courageous young journalists" and the author of the #1 New York Times bestselling memoir *Brain on Fire* investigates the shocking mystery behind the dramatic experiment that revolutionized modern medicine (NPR). Doctors have struggled for centuries to define insanity--how do you diagnose it, how do you treat it, how do you even know what it is? In search of an answer, in the 1970s a Stanford psychologist named David Rosenhan and seven other people--sane, healthy, well-adjusted members of society--went undercover into asylums around America to test the legitimacy of psychiatry's labels. Forced to remain inside until they'd "proven" themselves sane, all eight emerged with alarming diagnoses and even more troubling stories of their treatment. Rosenhan's watershed study broke open the field of psychiatry, closing down institutions and changing mental health diagnosis forever. But, as Cahalan's explosive new research shows in this real-life detective story, very little in this saga is exactly as it seems. What really happened behind those closed asylum doors? Are risk-takers born or made? Why are some more willing to go out on a limb (so to speak) than others? How do we weigh the value of opportunities large or small that may have the potential to change the course of our lives? These are just a few of the questions that author Kayt Sukel tackles, applying the latest research in neuroscience and psychology to compelling real-world situations. Building on a portfolio of work that has appeared in such publications as *Scientific American*, *Atlantic Monthly*, *The Washington Post*, and more, Sukel offers an in-depth look at risk-taking and its role in the many facets of life that resonates on a personal level. Smart, progressive, and truly enlightening, *The Art of Risk* blends riveting case studies and hard-hitting science to explore risk-taking and how it impacts decision-making in work, play, love, and life, providing insight in understanding individual behavior and furthering personal success.

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.

The inspiring, instructive, and ultimately triumphant memoir of a man who used hard work and a Master Plan to turn a life sentence into a second chance. Growing up in a tough Washington, D.C., neighborhood, Chris Wilson was so afraid for his life he wouldn't leave the house without a gun. One night, defending himself, he killed a man. At eighteen, he was sentenced to life in prison with no hope of parole. But what should have been the end of his story became the beginning. Deciding to make something of his life, Chris embarked on a journey of self-improvement--reading, working out, learning languages, even starting a business. He wrote his Master Plan: a list of all he expected to accomplish or acquire. He worked his plan every day for years, and in his mid-thirties he did the impossible: he convinced a judge to reduce his sentence and became a free man. Today Chris is a successful social entrepreneur who employs returning citizens; a mentor; and a public speaker. He is the embodiment of second chances, and this is his unforgettable story.

Download Ebook Brain Fire My Month Madness

An account of the author's struggle with a rare brain-attacking autoimmune disease traces how she woke up in a hospital room with no memory of baffling psychotic symptoms, describing the last-minute intervention by a doctor who identified the source of her illness. The New York Times bestselling author of *My Sunshine Away* returns with another instant Southern classic: a gripping and heartfelt novel about a mysterious machine that upends a small Louisiana town, asking us all to wonder if who we truly are is who we truly could be. What would you do if you knew your life's potential? That's the question facing the residents of Deerfield, Louisiana, when the DNAMIX machine appears in their local grocery store. It's nothing to look at, really--it resembles a plain photo booth. But its promise is amazing: With just a quick swab of your cheek and two dollars, the device claims to use the science of DNA to tell you your life's potential. With enough credibility to make the townspeople curious, soon the former teachers, nurses, and shopkeepers of Deerfield are abruptly changing course to pursue their destinies as magicians, cowboys, and athletes--including the novel's main characters, Douglas Hubbard and his wife, Cheryl, who both believed they were perfectly happy until they realized they could dream for more... Written with linguistic grace and a sense of wonder, *The Big Door Prize* sparkles with keen observations about what it might mean to stay true to oneself while honoring the bonds of marriage, friendship, and community, and how the glimmer of possibility can pull these bonds apart, bring them back together, and make second chances possible, even under the strangest of circumstances.

A dual memoir tells the alternating stories of a pair of identical twin sisters, a schizophrenic and a psychiatrist, in an account that traces their childhoods, the deterioration of the favored sister into mental illness, and the other's emergence from her troubled sibling's shadow into a successful career. Reprint. 20,000 first printing.

A heartrending, gripping novel about two sisters in Belle Époque Paris and the young woman forever immortalized as muse for Edgar Degas' *Little Dancer Aged Fourteen*. 1878 Paris. Following their father's sudden death, the van Goethem sisters find their lives upended. Without his wages, and with the small amount their laundress mother earns disappearing into the absinthe bottle, eviction from their lodgings seems imminent. With few options for work, Marie is dispatched to the Paris Opéra, where for a scant seventeen francs a week, she will be trained to enter the famous ballet. Her older sister, Antoinette, finds work as an extra in a stage adaptation of Émile Zola's naturalist masterpiece *L'Assommoir*. Marie throws herself into dance and is soon modeling in the studio of Edgar Degas, where her image will forever be immortalized as *Little Dancer Aged Fourteen*. There she meets a wealthy male patron of the ballet, but might the assistance he offers come with strings attached? Meanwhile Antoinette, derailed by her love for the dangerous Émile Abadie, must choose between honest labor and the more profitable avenues open to a young woman of the Parisian demimonde. Set at a moment of profound artistic, cultural, and societal change, *The Painted Girls* is a tale of two remarkable sisters rendered uniquely vulnerable to the darker impulses of "civilized society." In the end, each will come to realize that her salvation, if not survival, lies with the other.

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.

This New York Times bestselling book is filled with hundreds of fun, deceptively simple, budget-friendly ideas for sprucing up your home. With two home renovations under their (tool) belts and millions of hits per month on their blog YoungHouseLove.com,

Sherry and John Petersik are home-improvement enthusiasts primed to pass on a slew of projects, tricks, and techniques to do-it-yourselfers of all levels. Packed with 243 tips and ideas—both classic and unexpected—and more than 400 photographs and illustrations, this is a book that readers will return to again and again for the creative projects and easy-to-follow instructions in the relatable voice the Petersiks are known for. Learn to trick out a thrift-store mirror, spice up plain old roller shades, "hack" your Ikea table to create three distinct looks, and so much more.

At 8,000 miles away from home, a business professional delivers a polished presentation to a group of executives. And within two hours, she forgets how to walk. Talking becomes too strenuous. She is struck by an odd series of neurological deficits that baffle her and a dozen doctors ... for 27 months. *Brain Wreck* is a must read for anyone who has witnessed the frustration of a mysterious illness. This is a story of determination and an unrelenting journey to save one's mind. With humor and unabashed honesty, the author restores a shattered spirit while striving to be "normal."

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

'My first serious blackout marked the line between sanity and insanity. Though I would have moments of lucidity over the coming days and weeks, I would never again be the same person ...' Susannah Cahalan was a happy, clever, healthy twenty-four-year old. Then one day she woke up in hospital, with no memory of what had happened or how she had got there. Within weeks, she would be transformed into someone unrecognizable, descending into a state of acute psychosis, undergoing rages and convulsions, hallucinating that her father had murdered his wife; that she could control time with her mind. Everything she had taken for granted about her life, and who she was, was wiped out. *Brain on Fire* is Susannah's story of her terrifying descent into madness and the desperate hunt for a diagnosis, as, after dozens of tests and scans, baffled doctors concluded she should be confined in a psychiatric ward. It is also the story of how one brilliant man, Syria-born Dr Najar, finally proved - using a simple pen and paper - that Susannah's psychotic behaviour was caused by a rare autoimmune disease attacking her brain. His diagnosis of this little-known condition, thought to have been the real cause of devil-possession through history, saved her life, and possibly the lives of many others. Cahalan takes readers inside this newly-discovered disease through the progress of her own harrowing journey, piecing it together using memories, journals, hospital videos and records. Written with passionate honesty and intelligence, *Brain on Fire* is a searingly personal yet universal book, which asks what happens when your identity is suddenly destroyed, and how you get it back. 'With eagle-eye precision and brutal honesty, Susannah Cahalan turns her journalistic gaze on

herself as she bravely looks back on one of the most harrowing and unimaginable experiences one could ever face: the loss of mind, body and self. Brain on Fire is a mesmerizing story' -Mira Bartók, New York Times bestselling author of The Memory Palace
Susannah Cahalan is a reporter on the New York Post, and the recipient of the 2010 Silurian Award of Excellence in Journalism for Feature Writing. Her writing has also appeared in the New York Times, and is frequently picked up by the Daily Mail, Gawker, Gothamist, AOL and Yahoo among other news aggregator sites.

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

"An astonishing book: honest, sober, exciting, and humane... [Shrinks] brings you to the very forefront of one of the most amazing medical journeys of our time." --Siddhartha Mukherjee Psychiatry has come a long way since the days of chaining "lunatics" in cold cells. But, as Jeffrey Lieberman, MD, reveals in his eye-opening book, the path to legitimacy for "the black sheep of medicine" has been anything but smooth. Dr. Lieberman traces the field from its birth as a mystic pseudo-science to its late blooming maturity--beginning after World War II--as a science-driven profession that saves lives. With fascinating case studies and portraits of the field's luminaries--from Sigmund Freud to Eric Kandel--SHRINKS is a gripping read, and an urgent call-to-arms to dispel the stigma of mental illnesses by treating them as diseases rather than unfortunate states of mind.

Brain injury plunged Lia into a world of distortion and chaos, where her own thoughts and senses could no longer be trusted. Searching for medical help, she found doubt and manipulation instead. But I'm Not Depressed is a bleak but ultimately hopeful tale, and a slap in the face to the culture of psychobabble.

A memoir of reinvention after a stroke at age thirty-three. Christine Hyung-Oak Lee woke up with a headache on the morning of December 31, 2006. By that afternoon, she saw the world—quite literally—upside down. By New Year's Day, she was unable to form a coherent sentence. And after hours in the ER, days in the hospital, and multiple questions and tests, her doctors informed her that she had had a stroke. For months afterward, Lee outsourced her memories to a journal, taking diligent notes to compensate for the thoughts she could no longer hold on to. It is from these notes that she has constructed this frank and compelling memoir. In a precise and captivating narrative, Lee navigates fearlessly between chronologies, weaving her childhood humiliations and joys together with the story of the early days of her marriage; and then later, in painstaking, painful, and unflinching detail, the account of her stroke and every upset—temporary or permanent—that it caused. Lee illuminates the connection between memory and identity in an honest, meditative, and truly funny manner, utterly devoid of self-pity. And as she recovers, she begins to realize that this unexpected and devastating event has provided a catalyst for coming to terms with her true self—and, in a way, has

allowed her to become the person she's always wanted to be.

NOW A MAJOR MOTION PICTURE STARRING CHLOË GRACE MORETZ An award-winning memoir and instant New York Times bestseller that goes far beyond its riveting medical mystery, *Brain on Fire* is the powerful account of one woman's struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she'd gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled violent, psychotic, a flight risk. What happened? In a swift and breathtaking narrative, Susannah tells the astonishing true story of her descent into madness, her family's inspiring faith in her, and the lifesaving diagnosis that nearly didn't happen. "A fascinating look at the disease that...could have cost this vibrant, vital young woman her life" (People), *Brain on Fire* is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance that is destined to become a classic.

I was dead for thirty seconds. That's what the cop in Fall River told me. When the EMTs found me, there was a needle in my arm and a packet of heroin in the front seat. At basketball-crazy Durfee High School in Fall River, Massachusetts, junior guard Chris Herren carried his family's and the city's dreams on his skinny frame. His grandfather, father, and older brother had created their own sports legends in a declining city; he was the last, best hope for a career beyond the shuttered mills and factories. Herren was heavily recruited by major universities, chosen as a McDonald's All-American, featured in a Sports Illustrated cover story, and at just seventeen years old became the central figure in *Fall River Dreams*, an acclaimed book about the 1994 Durfee team's quest for the state championship. Leaving Fall River for college, Herren starred on Jerry Tarkanian's Fresno State Bulldogs team of talented misfits, which included future NBA players as well as future convicted felons. His gritty, tattooed, hip-hop persona drew the ire of rival fans and more national attention: Rolling Stone profiled him, 60 Minutes interviewed him, and the Denver Nuggets drafted him. When the Boston Celtics acquired his contract, he lived the dream of every Massachusetts kid—but off the court Herren was secretly crumbling, as his alcohol and drug use escalated and his life spiraled out of control. Twenty years later, Chris Herren was married to his high-school sweetheart, the father of three young children, and a heroin junkie. His basketball career was over, consumed by addictions; he had no job, no skills, and was a sadly familiar figure to those in Fall River who remembered him as a boy, now prowling the streets he once ruled, looking for a fix. One day, for a time he cannot remember, he would die. In his own words, Chris Herren tells how he nearly lost everything and everyone he loved, and how he found a way back to life. Powerful, honest, and dramatic, *Basketball Junkie* is a remarkable memoir, harrowing in its descent, and heartening in its return.

In this challenging and enlightening treatment, Brueggemann traces the lines from the radical vision of Moses to the solidification of royal power in Solomon to the prophetic critique of that power with a new vision of freedom in the prophets. Here he traces the broad sweep from Exodus to Kings to Jeremiah to Jesus. He highlights that the prophetic vision and not only embraces the pain of the people but creates an energy and amazement based on the new thing that God is doing. In this new edition, Brueggemann has completely revised the text, updated the notes, and added a new preface.

Schizophrenics in the United States currently fare worse than patients in the world's poorest countries. In *Mad in America*, medical journalist Robert Whitaker argues that modern treatments for the severely mentally ill are just old medicine in new bottles, and that we as a society are deeply deluded about their efficacy. The widespread use of lobotomies in the 1920s and 1930s gave way in the 1950s to electroshock and a wave of new drugs. In what is perhaps Whitaker's most damning revelation, *Mad in America* examines how drug companies in the 1980s and 1990s skewed their studies to prove that new antipsychotic drugs were more effective than the old, while keeping patients in the dark about dangerous side effects. A haunting, deeply compassionate book—now revised with a new introduction—*Mad in America* raises important questions about our obligations to the mad, the meaning of “insanity,” and what we value most about the human mind.

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.

Discusses the concept of neural networks, examines their similarity to the human mind, and looks at current research For readers of *The Immortal Life of Henrietta Lacks* and *The Phantom of Fifth Avenue*, a page-turning drama of fortunes, eugenics and women's reproductive rights framed by the sordid court battle between Ann Cooper Hewitt and her socialite mother. At the turn of the twentieth century, American women began to reject Victorian propriety in favor of passion and livelihood outside the

home. This alarmed authorities, who feared certain "over-sexed" women could destroy civilization if allowed to reproduce and pass on their defects. Set against this backdrop, *The Unfit Heiress* chronicles the fight for inheritance, both genetic and monetary, between Ann Cooper Hewitt and her mother Maryon. In 1934, aided by a California eugenics law, the socialite Maryon Cooper Hewitt had her "promiscuous" daughter declared feeble-minded and sterilized without her knowledge. She did this to deprive Ann of millions of dollars from her father's estate, which contained a child-bearing stipulation. When a sensational court case ensued, the American public was captivated. So were eugenicists, who saw an opportunity to restrict reproductive rights in America for decades to come. This riveting story unfolds through the brilliant research of Audrey Clare Farley, who captures the interior lives of these women on the pages and poses questions that remain relevant today: What does it mean to be "unfit" for motherhood? In the battle for reproductive rights, can we forgive the women who side against us? And can we forgive our mothers if they are the ones who inflict the deepest wounds?

Develop and harness a powerful, sustainable word-of-mouth movement How did the 360-year-old scissor company, Fiskars, double its profit in key markets just by realizing its customers had already formed a community of avid scrapbookers? How is Best Buy planning to dominate the musical instruments market? By understanding the Brains on Fire model of tapping movements and stepping away from the old-school marketing "campaign" mentality. Brains on Fire offers original, practical and actionable steps for creating a word-of-mouth movement for corporations, products, services, and organizations. It takes you step-by-step through the necessary actions needed to start your own authentic movement. Develop and harness a powerful, sustainable, word-of-mouth movement Describes 10 lessons to master and create a powerful, sustainable movement The Brains on Fire blog is often ranked in the top 100 of AdAge's Power 150 Marketing Blogs

Compiled from hours of interviews drawn from the eponymous National Geographic documentary, this inspiring book from world-renowned infectious disease specialist Anthony Fauci shares the lessons that have shaped the celebrated doctor's life philosophy, offering an intimate view of one of the world's greatest medical minds as well as universal advice to live by. Before becoming the face of the White House Coronavirus Task Force and America's most trusted doctor, Dr. Anthony Fauci had already devoted three decades to public service. Those looking to live a more compassionate and purposeful life will find inspiration in his unique perspective on leadership, expecting the unexpected, and finding joy in difficult times. With more than three decades spent combating some of the most dangerous diseases to strike humankind-- AIDS, Ebola, COVID-19--Dr. Fauci has worked in daunting professional conditions and shouldered great responsibility. The earnest reflections in these pages offer a universal message on how to lead in times of crisis and find resilience in the face of disappointments and obstacles. Filled with inspiring words of wisdom, this profound book will offer readers a concrete path to a bright and hopeful future. Editor's Note: Dr. Anthony Fauci had no creative control over this book or the film on which it is based. He was not paid for his participation, nor does he have any financial interest in the film or book release.

When Sir John Hale suffered a stroke that left him unable to walk, write or speak, his wife, Shelia, followed every available medical

trail seeking knowledge of his condition and how he might be restored to health. This book is a unique exploration of aphasia - losing the ability to use or comprehend words - as well as of the resilience of love.

According to some reports, about half of all adults and children have one or more chronic health conditions. One in four adults has two or more chronic health conditions. And, sadly, these numbers continue to grow at an alarming rate. The Holistic Rx offers the reader with one or more chronic health conditions or symptoms easy-to-follow evidence-based approaches to healing their ailments by targeting inflammation and its underlying root causes. Dr. Madiha Saeed covers the foundations of good health like digestive health and detoxification, and the Four Big S's (stress management, sleep strategies, social and spiritual health), along with disease-specific supplements homeopathy, acupressure, aromatherapy, , other holistic remedies to achieve lasting good health and wellness. The first part of the book addresses the root of chronic illness—inflammation—and examines its underlying causes and possible treatment approaches that focus on the whole body rather than just the affected area. In the second part of the book, she first advises the reader on adjusting their holistic approach to their health conditions based on their individual needs. Then, after briefly describing various integrative approaches, she provides an A-to-Z guide to holistic and integrative treatment of over 70 chronic illnesses, conditions, and symptoms. For each condition, she outlines a healing plan that begins with digestive health and detoxifications and the four S's specific to that organ system and covers the additional alternative, holistic, and complementary approaches that are most effective for that condition. This ready resource will help the whole family address their most common complaints and promotes a healthy, balanced lifestyle that focuses on overall wellness.

This is a Summary of Susannah Cahalan's award winning memoir "Brain on Fire: My Month of Madness" An instant New York Times bestseller that goes far beyond its riveting medical mystery, Brain on Fire is the powerful account of one woman's struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she'd gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled violent, psychotic, a flight risk. What happened? In a swift and breathtaking narrative, Susannah tells the astonishing true story of her descent into madness, her family's inspiring faith in her, and the lifesaving diagnosis that nearly didn't happen. "A fascinating look at the disease that . . . could have cost this vibrant, vital young woman her life" (People), Brain on Fire is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance that is destined to become a classic. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 288 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

Encephalitis is a devastating condition whose impact upon people should not be underestimated. It robs people of abilities most of us take for granted, it leaves people without their loved ones, and even in those families where the person affected survives the person they once knew can be dramatically changed. Life After Encephalitis provides a unique insight into the experiences of

those affected by encephalitis, sharing the rich, insightful, and often powerful, narratives of survivors and family members. It shows how listening to patient and family narratives can help us to understand how they make sense of what has happened to them, and also help professionals better understand and engage with them in practice. The book will also be useful for considering narratives associated with brain injuries from other causes, for example traumatic brain injury. *Life After Encephalitis* will appeal to a wide range of professionals working in rehabilitation settings, and also to and survivors of encephalitis, their families, and carers.

The Prize Winner of Defiance, Ohio introduces Evelyn Ryan, an enterprising woman who kept poverty at bay with wit, poetry, and perfect prose during the "contest era" of the 1950s and 1960s. Stepping back into a time when fledgling advertising agencies were active partners with consumers, and everyday people saw possibility in every coupon, Terry Ryan tells how her mother kept the family afloat by writing jingles and contest entries. Mom's winning ways defied the Church, her alcoholic husband, and antiquated views of housewives. To her, flouting convention was a small price to pay when it came to securing a happy home for her six sons and four daughters. Evelyn, who would surely be a Madison Avenue executive if she were working today, composed her jingles not in the boardroom, but at the ironing board. By entering contests wherever she found them -- TV, radio, newspapers, direct-mail ads -- Evelyn Ryan was able to win every appliance her family ever owned, not to mention cars, television sets, bicycles, watches, a jukebox, and even trips to New York, Dallas, and Switzerland. But it wasn't just the winning that was miraculous; it was the timing. If a toaster died, one was sure to arrive in the mail from a forgotten contest. Days after the bank called in the second mortgage on the house, a call came from the Dr Pepper company: Evelyn was the grand-prize winner in its national contest -- and had won enough to pay the bank. Graced with a rare appreciation for life's inherent hilarity, Evelyn turned every financial challenge into an opportunity for fun and profit. From her frenetic supermarket shopping spree -- worth \$3,000 today -- to her clever entries worthy of Erma Bombeck, Dorothy Parker, and Ogden Nash, the story of this irrepressible woman whose talents reached far beyond her formidable verbal skills is told in *The Prize Winner of Defiance, Ohio* with an infectious joy that shows how a winning spirit will triumph over the poverty of circumstance.

As a deadly cancer spread inside her brain, leading neuroscientist Barbara Lipska was plunged into madness—only to miraculously survive with her memories intact. In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts her ordeal and explains its unforgettable lessons about the brain and mind. At the height of her career, Barbara Lipska—a leading expert on the neuroscience of mental illness—was diagnosed with melanoma that had spread to her brain. Within months, her frontal lobe, the seat of cognition, began shutting down. She exhibited dementia- and schizophrenia-like symptoms that terrified her family and coworkers. But miraculously, the immunotherapy her doctors prescribed worked, and Lipska returned to normal. With one difference: she remembered her brush with madness with exquisite clarity. Lipska draws on her extraordinary experience to explain how mental illness, brain injury, and age can distort our behavior, personality, cognition, and memory. She tells what it is like to experience these changes firsthand.

And she reveals what parts of us remain, even when so much else is gone.

Traces the story of Tania Head, who falsely claimed to be a September 11 survivor, describing her interviews with the co-author and the discovery that she was not in America at the time of the attacks.

IRENE GUT WAS just 17 in 1939, when the Germans and Russians devoured her native Poland. Just a girl, really. But a girl who saw evil and chose to defy it. "No matter how many Holocaust stories one has read, this one is a must, for its impact is so powerful."—School Library Journal, Starred A Book Sense Top Ten Pick A Publisher's Weekly Choice of the Year's Best Books A Booklist Editors Choice

The daughter of piano prodigy Norma Herr describes how she and her sister were forced by their mother's violent schizophrenic episodes to discontinue contact with her until the author's debilitating injury changed her sense of the world and enabled a healing reconciliation.

Longlisted for the Wellcome Book Prize 2019 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. "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* "[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 "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 "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 "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

Fandom and first love collide in in this joyful, feminist contemporary romance from acclaimed author Cori McCarthy—perfect for fans of Rainbow Rowell and Ashley Poston Iris Thorne wants to blaze her own path. That's easier said than done when you're the granddaughter of M. E. Thorne, famous author of the Elementia series, hailed as the feminist response to J. R. R. Tolkien's Lord of the Rings. And with a major motion picture adaptation of her grandmother's books in the works, Iris can say goodbye to her dream of making her own way in the music industry. When Iris and her brother get invited to the film set in Ireland, she's pretty sure the trip will be a nightmare. Except Iris can't deny the rugged beauty of the Irish countryside. And brushing shoulders with the hot, young cast isn't awful, especially the infuriatingly charming lead actor, Eamon O'Brien. Iris even finds the impassioned female director inspiring. But when the filming falls into jeopardy, everything Iris thought she knew about Elementia—and herself—is in question. Will making a film for the big screen help Iris to see the big picture?

A boy and his favorite stuffed animals share their days with one another in this cozy bedtime picture book with audio from Mem Fox. There was once a boy who loved bedtime. What could be more wonderful than sharing bedtime with beloved

friends? The little boy in this gentle and fun story loves to talk to his stuffed animals each evening and share with them all the things that happened to him that day—and to hear about their days, too. From bestselling author Mem Fox and award-winning illustrator Lauren Stinger, here is a celebration of imagination, play, friendship, and coziness certain to touch a chord with young children everywhere. Includes audio!

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