

Marbles Mania Depression Michelangelo And Me

After putting her fist through a window, Stacy Black checks herself into a mental hospital, finally realizing she has to face the reasons for her depression in order to stop from self-destructing, in a frank portrait of struggles with self-esteem, body image issues, drug addiction and anxiety.

Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, Marbles: Mania, Depression, Michelangelo, and Me. Whereas Marbles was a memoir about her bipolar disorder, Rock Steady turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

Part memoir, part medical cautionary tale, Dumb tells the story of how an urban twentysomething copes with the everyday challenges that come with voicelessness. Webber adroitly uses the comics medium to convey the practical hurdles she faced as well as the fear and dread that accompanied her increasingly lonely journey to regain her life. Her raw cartooning style, occasionally devolving into chaotic scribbles, splotches of ink, and overlapping montages, perfectly captures her frustration and anxiety. But her ordeal ultimately becomes a hopeful story. Throughout, she learns to lean on the support of her close friends, finds self-expression in creating comics, and comes to understand and appreciate how deeply her voice and identity are intertwined.

This inaugural volume in the Graphic Medicine series establishes the principles of graphic medicine and begins to map the field. The volume combines scholarly essays by members of the editorial team with previously unpublished visual narratives by Ian Williams and MK Czerwiec, and it includes arresting visual work from a wide range of graphic medicine practitioners. The book's first section, featuring essays by Scott Smith and Susan Squier, argues that as a new area of scholarship, research on graphic medicine has the potential to challenge the conventional boundaries of academic disciplines, raise questions about their foundations, and reinvigorate literary scholarship—and the notion of the literary text—for a broader audience. The second section, incorporating essays by Michael Green and Kimberly Myers, demonstrates that graphic medicine narratives can engage members of the health professions with literary and visual representations and symbolic practices that offer patients, family members, physicians, and other caregivers new ways to experience and work with the complex challenges of the medical experience. The final section, by Ian Williams and MK Czerwiec, focuses on the practice of creating graphic narratives, iconography, drawing as a social practice, and the nature of comics as visual rhetoric. A conclusion (in comics form) testifies to the diverse and growing graphic medicine community. Two valuable bibliographies guide readers to comics and scholarly works relevant to the field. The bestselling author of The Dirty Girls Social Club returns with an engrossing memoir about how falling in love with a sexy cowboy turned her feminist beliefs upside down. Feminism was a religion in Alisa Valdes's childhood home. Betty Friedan and Gloria Steinem took the place of Barbies and left Valdes impressed with a feminist ideology that guided a prolific writing career—at

twenty-two Valdes was named one of the top feminist writers under thirty by the editor of Ms Magazine. Yet despite her professional success, Valdes hit forty-two a single mom and a serial dater of inadequate men in tweed jackets—until she met the Cowboy. A conservative rancher, the Cowboy held the traditional views on gender roles that Valdes was raised to reject. Yet as she falls head-over-spurs for him and their relationship finds harmony, she finds the strength, peace, and happiness that comes from embracing her femininity. From their first date the Cowboy makes her pulse race, and she discovers that “when men... act like men rather than like emasculated boys, you as a woman will find not only great pleasure in submitting to them but also great growth as a person.” Told with plenty of humor and candor, *The Feminist and the Cowboy* will delight the many readers who made *The Pioneer Woman* a bestseller—not to mention every woman who dreams of being swept away by a rugged cowboy. Mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness. Culturally powerful ideas of normalcy and deviation, individual responsibility, and what is medically feasible shape the ways in which we live with illness and disability. The essays in this volume show how illness narratives expressed in a variety of forms—biographical essays, fictional texts, cartoons, graphic novels, and comics—reflect on and grapple with the fact that these human experiences are socially embedded and culturally shaped. Works of fiction addressing the impact of an illness or disability; autobiographies and memoirs exploring an experience of medical treatment; and comics that portray illness or disability from the perspective of patient, family member, or caregiver: all of these narratives forge a specific aesthetic in order to communicate their understanding of the human condition. This collection demonstrates what can emerge when scholars and artists interested in fiction, life-writing, and comics collaborate to explore how various media portray illness, medical treatment, and disability. Rather than stopping at the limits of genre or medium, the essays talk across fields, exploring together how works in these different forms craft narratives and aesthetics to negotiate contention and build community around those experiences and to discover how the knowledge and experiences of illness and disability circulate within the realms of medicine, art, the personal, and the cultural. Ultimately, they demonstrate a common purpose: to examine the ways comics and literary texts build an audience and galvanize not just empathy but also action. In addition to the editors, the contributors to this volume include Einat Avrahami, Maureen Burdock, Elizabeth J. Donaldson, Ariela Freedman, Rieke Jordan, Stef Lenk, Leah Misemer, Tahneer Oksman, Nina Schmidt, and Helen Spandler. Chapter 7, “Crafting Psychiatric Contention Through Single-Panel Cartoons,” by Helen Spandler, is available as Open Access courtesy of a grant from the Wellcome Trust. A link to the OA version of this chapter is forthcoming.

"There was very fine, an elegant pain, hardly a pain at all, like the swift and fleeting burn of a drop of hot candle wax...Then the blood welled up and began to distort the pure, stark edges of my delicately wrought wound. "The chaos in my head spun itself into a silk of silence. I had distilled myself to the immediacy of hand, blade, blood, flesh." There are an estimated two to three million "cutters" in America, but experts warn that, as with anorexia, this could be just the tip of the iceberg of those affected by this little-known disorder. Cutting has only just begun to enter public consciousness as a dangerous affliction that tends to take hold of adolescent girls and can last, hidden and untreated, well into adulthood. Caroline Kettlewell is an intelligent woman with a

promising career and a family. She is also a former cutter, and the first person to tell her own story about living with and overcoming the disorder. She grew up on the campus of a boys' boarding school where her father taught. As she entered adolescence, the combination of a family where frank discussion was avoided and life in what seemed like a fishbowl, where she and her sister were practically the only girls the students ever saw, became unbearable for Caroline. She discovered that the only way to find relief from overpowering feelings of self-consciousness, discomfort, and alienation was to physically hurt herself. She began cutting her arms and legs in the seventh grade, and continued into her twenties. Why would a rational person resort to such extreme measures? How did she recognize and overcome her problem? In a memoir startling for its honesty, humor, and poignancy, Caroline Kettlewell offers a clear-eyed account of her own struggle to survive this debilitating affliction.

How does one deal with a diagnosis of Parkinson's disease at the age of forty-three? *My Degeneration*, by former Anchorage Daily News staff cartoonist Peter Dunlap-Shohl, answers the question with humor and passion, recounting the author's attempt to come to grips with the "malicious whimsy" of this chronic, progressive, and disabling disease. This graphic novel tracks Dunlap-Shohl's journey through depression, the worsening symptoms of the disease, the juggling of medications and their side effects, the impact on relations with family and community, and the raft of mental and physical changes wrought by the malady. *My Degeneration* examines the current state of Parkinson's care, including doctor/patient relations and the repercussions of a disease that, among other things, impairs movement, can rob patients of their ability to speak or write, degrades sufferers' ability to deal with complexity, and interferes with the sense of balance. Readers learn what it's like to undergo a dramatic, demanding, and audacious bit of high-tech brain surgery that can mysteriously restore much of a patient's control over symptoms. But *My Degeneration* is more than a Parkinson's memoir. Dunlap-Shohl gives the person newly diagnosed with Parkinson's disease the information necessary to cope with it on a day-to-day basis. He chronicles the changes that life with the disease can bring to the way one sees the world and the way one is seen by the wider community. Dunlap-Shohl imparts a realistic basis for hope—hope not only to carry on, but to enjoy a decent quality of life.

A poignant, heart-lifting graphic memoir about anorexia, eating disorders and the journey to recovery Like most kids, Katie was a picky eater. She'd sit at the table in silent protest, hide uneaten toast in her bedroom, listen to parental threats that she'd have to eat it for breakfast. But in any life a set of circumstance can collide, and normal behaviour might soon shade into something sinister, something deadly. *Lighter Than My Shadow* is a hand-drawn story of struggle and recovery, a trip into the black heart of a taboo illness, an exposure of those who are so weak as to prey on the vulnerable, and an inspiration to anybody who believes in the human power to endure towards happiness. 'Even at its most heartbreaking it never feels sombre ... Inspiring, plucky and, in the end, consoling, it's hard to put down' *Observer*

In 2020, the COVID-19 pandemic brought the world to its knees. When we weren't sheltering in place, we were advised to wear masks, wash our hands, and practice social distancing. We watched in horror as medical personnel worked around the clock to care for the sick and dying. Businesses were shuttered, travel stopped, workers were furloughed, and markets dropped. And people continued to die. Amid all this uncertainty, writers and artists from around the world continued to create comics, commenting directly on how individuals, societies, governments, and markets reacted to the worldwide crisis. *COVID Chronicles: A Comics Anthology* collects more than sixty such short comics from a diverse set of creators, including indie powerhouses, mainstream artists, Ignatz and Eisner Award winners, and media cartoonists. In narrative styles ranging from realistic to fantastic, they tell stories about adjusting to working from home, homeschooling their

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kids, missing birthdays and weddings, and being afraid just to leave the house. They probe the failures of government leaders and the social safety net. They dig into the racial bias and systemic inequities that this pandemic helped bring to light. We see what it's like to get the virus and live to tell about it, or to stand by helplessly as a loved one passes. At times heartbreaking and at others hopeful and humorous, these comics express the anger, anxiety, fear, and bewilderment we feel in the era of COVID-19. Above all, they highlight the power of art and community to help us make sense of a world in crisis, reminding us that we are truly all in this together. The comics in this collection have been generously donated by their creators. A portion of the the proceeds from the sale of this volume are being donated by the publisher to the Book Industry Charitable Foundation (Binc) in support of comics shops, bookstores, and their employees who have been adversely affected by the pandemic.

Understanding what it's truly like to live with bipolar disorder or depression is almost impossible if you haven't experienced it; and yet, that's what *Lost Marbles: Insights into My Life with Depression and Bipolar* does - it shows the unvarnished reality of living with a serious mental illness to help the mentally ill and those who love them understand the inner workings and how to fight these complex disorders. *Lost Marbles* straddles the line between self-help and memoir detailing real-life experiences that drive tips that work when life includes a mental illness. Improve your life or the life of a person you love with informative and experienced new takes on: Thinking like a person with bipolar or depression What the elevated mood of bipolar disorder feels like Medication issues, including detailed information on choosing (or not choosing) a specific medication The realities of suicide and suicide attempts How to live better with a serious mental illness How dealing with mental illness encourages a form of wisdom Called a book that will "certainly save lives," whether you have a mental illness or you love someone who does, *Lost Marbles* will help you fathom the seemingly-impossible world of bipolar or depressive disorder and arm you with the tools to improve quality of life.

This book gathers diverse critical treatments from fifteen scholars of the posthuman and posthumanism together in a single volume.

MarblesMania, Depression, Michelangelo, and Me: A Graphic Memoir Penguin

Fights is the visceral and deeply affecting memoir of artist/author Joel Christian Gill, chronicling his youth and coming of age as a Black child in a chaotic landscape of rough city streets and foreboding backwoods. Propelled into a world filled with uncertainty and desperation, young Joel is pushed toward using violence to solve his problems by everything and everyone around him. But fighting doesn't always yield the best results for a confused and sensitive kid who yearns for a better, more fulfilling life than the one he was born into, as Joel learns in a series of brutal conflicts that eventually lead him to question everything he has learned about what it truly means to fight for one's life.

"FIGHTS is somehow brutally raw, funny as hell, deeply sensitive and insightful in each panel." — Nate Powell (March trilogy)

I Love Led Zeppelin is a long-awaited collection of strips by the Harvey and Eisner Award-nominated cartoonist Ellen Forney. This book includes full-page comics published in prestigious weeklies such as the *L.A. Weekly* and *Seattle's The Stranger*, as well as the leading feminist magazine *Bust*, and the *Oxford American*. Her strips are characterized by bold, sensual brushstrokes and striking images of powerful, butt-kicking women. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Calibri}

Collection from Seattle cartoonist Ellen Forney.

Featuring a foreword by renowned neuroscientist Joseph E. LeDoux, *The Elusive Brain* is an illuminating, comprehensive survey of contemporary literature's engagement with neuroscience. This fascinating book explores how literature interacts with

neuroscience to provide a better understanding of the brain's relationship to the self. Jason Tougaw surveys the work of contemporary writers—including Oliver Sacks, Temple Grandin, Richard Powers, Siri Hustvedt, and Tito Rajarshi Mukhopadhyay—analyzing the way they experiment with literary forms to frame new views of the immaterial experiences that compose a self. He argues that their work offers a necessary counterbalance to a wider cultural neuromania that seeks out purely neural explanations for human behaviors as varied as reading, economics, empathy, and racism. Building on recent scholarship, Tougaw's evenhanded account will be an original contribution to the growing field of neuroscience and literature.

Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder. The four DBT skills you'll learn in this workbook—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control.

- Learn mindfulness and acceptance skills
- Cope with depressive and manic episodes in healthy ways
- Manage difficult emotions and impulsive urges
- Maintain relationships with friends and family members

Focuses both on the physical symptoms and the traumatic emotional damage of a sexually transmitted disease that rarely affects two people the same way.

In 1976, Ben Martini was diagnosed with schizophrenia. A decade later, his brother Olivier was told he had the same disease. For the past thirty years the Martini family has struggled to comprehend and cope with a devastating illness, frustrated by a health care system lacking in resources and empathy, the imperfect science of medication, and the strain of mental illness on familial relationships. Throughout it all, Olivier, an accomplished visual artist, drew. His sketches, comic strips, and portraits document his experience with, and capture the essence of, this all too frequently misunderstood disease. In *Bitter Medicine*, Olivier's poignant graphic narrative runs alongside and communicates with a written account of the past three decades by his younger brother, award-winning author and playwright Clem Martini. The result is a layered family memoir that faces head-on the stigma attached to mental illness. Shot through with wry humour and unapologetic in its politics, *Bitter Medicine* is the story of the Martini family, a polemical and poetic portrait of illness, and a vital and timely call for action.

A graphic memoir about the treatment of mental illness, treating mental illness as a commodity, and the often unavoidable choice between sanity and happiness. In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she is promoted onto the Pfizer account and suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. She is

the audience of the work she's been pouring over and it highlights just how unhappy and trapped she feels, stuck in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and while in the midst of a crushing job search, her mania takes hold. Her altered mindset yields a simple solution: to quit her job and pursue life as an artist, an identity she had abandoned in exchange for medical treatment. When her parents intervene, she finds herself hospitalized against her will, and stripped of the control she felt she had finally reclaimed. Over the course of her two weeks in the ward, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. One where she can live the life she wants, finding freedom and autonomy, without sacrificing her dreams in order to stay well.

A comic book cookbook with accessible ramen recipes for the home cook, including simple weeknight bowls, weekend project stocks, homemade noodles, and an array of delicious accompaniments, with insights and tips from notable ramen luminaries. **LONGLISTED FOR THE ART OF EATING PRIZE • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY CHICAGO TRIBUNE • ONE OF THE YOUNG ADULT LIBRARY SERVICES ASSOCIATION'S GREAT GRAPHIC NOVELS FOR TEENS** Playful and instructive, this hybrid cookbook/graphic novel introduces the history of ramen and provides more than 40 recipes for everything you need to make the perfect bowl at home including tares, broths, noodles, and toppings. Authors Hugh Amano and Sarah Becan present colorful, humorous, and easy-to-follow comics that fully illustrate the necessary steps and ingredients for delicious homemade ramen. Along the way, they share preparation shortcuts that make weeknight ramen a reality; provide meaty tidbits on Japanese culinary traditions; and feature words of wisdom, personal anecdotes, and cultural insights from eminent ramen figures such as chef Ivan Orkin and Ramen Adventures' Brian MacDuckston. Recipes include broths like Shio, Shoyu, Miso, and Tonkotsu, components such as Onsen Eggs, Chashu, and Menma, and offshoots like Mazemen, Tsukemen, and Yakisoba. Ideal for beginners, seasoned cooks, and armchair chefs alike, this comic book cookbook is an accessible, fun, and inviting introduction to one of Japan's most popular and iconic dishes.

She was going to stab her doctor, but she wrote a book instead. Years later, Willa Goodfellow revisits her account of the antidepressant-induced hypomania that hijacked her Costa Rican vacation and tells the rest of the story: her missed diagnosis of Bipolar 2, how she'd been given the wrong medications, and finally, her process of recovery. *Prozac Monologues* is a book within a book—part memoir of misdiagnosis and part self-help guide about life on the bipolar spectrum. Through edgy and comedic essays, Goodfellow offers information about a mood disorder frequently mistaken for major depression as well as resources for recovery and further study. Plus, Costa Rica. · If your depression keeps coming back . . . · If your antidepressant side effects are dreadful . . . · If you are curious about the bipolar spectrum . . . · If you want ideas for recovery from mental illness . . . · If you care for somebody who might have more than depression This book is for you.

A Goodreads Choice Award Semi-Finalist, Amazon Best Book of 2016, one of The Washington Post's Best Graphic Novels of 2016, and one of Publishers Weekly's 100 Best Books of 2016 ROSALIE LIGHTNING is Eisner-nominated

cartoonist Tom Hart's #1 New York Times bestselling touching and beautiful graphic memoir about the untimely death of his young daughter, Rosalie. His heart-breaking and emotional illustrations strike readers to the core, and take them along his family's journey through loss. Hart uses the graphic form to articulate his and his wife's on-going search for meaning in the aftermath of Rosalie's death, exploring themes of grief, hopelessness, rebirth, and eventually finding hope again. Hart creatively portrays the solace he discovers in nature, philosophy, great works of literature, and art across all mediums in this expressively honest and loving tribute to his baby girl. *Rosalie* is a graphic masterpiece chronicling a father's undying love.

After discovering that who she thought was her father was indeed not, Portland-based "zinester" Nicole Georges embarks upon a journey of identity.

In a world of the short and swift, of texts and Twitter, there's something of special value about a carefully composed letter. In homage to this most civilised of activities, Marieke Hardy and Michaela McGuire created the literary afternoons of Women of Letters. Some of Australia's finest dames of stage, screen and page have delivered missives on a series of themes, collected here for the first time. Claudia Karvan sends 'A love letter' to love itself, Helen Garner contacts ghosts of her past in 'The letter I wish I'd written', Noni Hazlehurst dispatches a stinging rebuke 'To my first boss', and Megan Washington pays tribute to her city and community as she writes 'To the best present I ever received'. And some gentlemen correspondents - including Paul Kelly, Eddie Perfect and Bob Ellis - have been invited to put pen to paper in a letter 'To the woman who changed my life'. By turns hilarious, moving and outrageous, this is a diverse and captivating tribute to the art of letter writing. All royalties for this book will go to Edgar's Mission animal rescue shelter.

A Publishers Weekly Top Ten Best Book of the Year An Amazon.com Top Ten Best Book of 2009 A Washington Post Book World's Ten Best Book of the Year A California Literary Review Best Book of 2009 An L.A. Times Top 25 Non-Fiction Book of 2009 An NPR Best Book of the Year, Best Memoir With this stunning graphic memoir, David Small takes readers on an unforgettable journey into the dark heart of his tumultuous childhood in 1950s Detroit, in a coming-of-age tale like no other. At the age of fourteen, David awoke from a supposedly harmless operation to discover his throat had been slashed and one of his vocal chords removed, leaving him a virtual mute. No one had told him that he had cancer and was expected to die. The resulting silence was in keeping with the atmosphere of secrecy and repressed frustration that pervaded the Small household and revealed itself in the slamming of cupboard doors, the thumping of a punching bag, the beating of a drum. Believing that they were doing their best, David's parents did just the reverse. David's mother held the family emotionally hostage with her furious withdrawals, even as she kept her emotions hidden — including from herself. His father, rarely present, was a radiologist, and although David grew up looking at X-rays and

drawing on X-ray paper, it would be years before he discovered the shocking consequences of his father's faith in science. A work of great bravery and humanity, *Stitches* is a gripping and ultimately redemptive story of a man's struggle to understand the past and reclaim his voice.

#1 Best Seller on Amazon! Most books on ADHD don't dare expose the genuine grit of the moment-by-moment peaks and valleys of this special parenthood -- the gut-wrenching, crying on the bathroom floor, feeling like you're losing your mind truth of the matter that is learning to successfully parent a child with ADHD. *Boy Without Instructions: Surviving the Learning Curve of Parenting a child with ADHD* changes that. Williams shares her unfiltered thoughts and emotions during her progression through this learning curve during this harrowing ride. Right before your eyes, this initially grief-stricken momma transforms from obsessed-with-ADHD control-freak and helicopter mom to optimistic and (mostly) confident parent of a child who happens to have ADHD. *Boy Without Instructions* validates your grief and guilt, yet reveals that it's truly possible to craft a (mostly) joy-filled life for your child with ADHD, yourself, and your family.

A woman who broadcasted her 2001 suicide attempt live on a webcam describes her battles with anorexia, bulimia, bipolar disorder, and borderline personality disorder and the cures she found in dialectical behavioral therapy, mood stabilizers, and body modification.

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.

Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers. Shortly before her thirtieth birthday, Forney was diagnosed with bipolar disorder. Flagrantly manic and terrified that medications would cause her to lose creativity, she

began a years-long struggle to find mental stability while retaining her passions and creativity. Searching to make sense of the popular concept of the crazy artist, she finds inspiration from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O’Keeffe, William Styron, and Sylvia Plath. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of various treatments and medications, and what studies tell us about the conundrum of attempting to “cure” an otherwise brilliant mind. Darkly funny and intensely personal, Forney’s memoir provides a visceral glimpse into the effects of a mood disorder on an artist’s work, as she shares her own story through bold black-and-white images and evocative prose.

INSTANT NEW YORK TIMES BESTSELLER! In *I’m Telling the Truth, but I’m Lying* Bassey Ikpi explores her life—as a Nigerian-American immigrant, a black woman, a slam poet, a mother, a daughter, an artist—through the lens of her mental health and diagnosis of bipolar II and anxiety. Her remarkable memoir in essays implodes our preconceptions of the mind and normalcy as Bassey bares her own truths and lies for us all to behold with radical honesty and brutal intimacy. A *The Root* Favorite Books of the Year • A *Good Housekeeping* Best 60 Books of the Year • A *YNaija* 10 Notable Books of the Year • A *GOOP* 10 New Favorite Books • A *Cup of Jo* 5 Big Books of Fall • A *Bitch Magazine* Most Anticipated Books of 2019 • A *Bustle* 21 New Memoirs That Will Inspire, Motivate, and Captivate You • A *Publishers Weekly* Spring Preview Selection • An *Electric Lit* 48 Books by Women and Nonbinary Authors of Color to Read in 2019 • A *Bookish* Best Nonfiction of Summer Selection "We will not think or talk about mental health or normalcy the same after reading this momentous art object moonlighting as a colossal collection of essays." —Kiese Laymon, author of *Heavy* From her early childhood in Nigeria through her adolescence in Oklahoma, Bassey Ikpi lived with a tumult of emotions, cycling between extreme euphoria and deep depression—sometimes within the course of a single day. By the time she was in her early twenties, Bassey was a spoken word artist and traveling with HBO's *Def Poetry Jam*, channeling her life into art. But beneath the façade of the confident performer, Bassey's mental health was in a precipitous decline, culminating in a breakdown that resulted in hospitalization and a diagnosis of Bipolar II. In *I'm Telling the Truth, But I'm Lying*, Bassey Ikpi breaks open our understanding of mental health by giving us intimate access to her own. Exploring shame, confusion, medication, and family in the process, Bassey looks at how mental health impacts every aspect of our lives—how we appear to others, and more importantly to ourselves—and challenges our preconception about what it means to be "normal." Viscerally raw and honest, the result is an exploration of the stories we tell ourselves to make sense of who we are—and the ways, as honest as we try to be, each of these stories can also be a lie.

A visually arresting graphic memoir about a young artist struggling against what’s expected of her as a woman, and learning to accept her true self, from an acclaimed *New Yorker* cartoonist. **NAMED ONE OF THE BEST BOOKS OF THE**

YEAR BY The Guardian • New York • Refinery29 • Kirkus Reviews In this achingly beautiful graphic memoir, Liana Finck goes in search of that thing she has lost—her shadow, she calls it, but one might also think of it as the “otherness” or “strangeness” that has defined her since birth, that part of her that has always made her feel as though she is living in exile from the world. In *Passing for Human*, Finck is on a quest for self-understanding and self-acceptance, and along the way she seeks to answer some eternal questions: What makes us whole? What parts of ourselves do we hide or ignore or chase away—because they’re embarrassing, or inconvenient, or just plain weird—and at what cost? *Passing for Human* is what Finck calls “a neurological coming-of-age story”—one in which, through her childhood, human connection proved elusive and her most enduring relationships were with plants and rocks and imaginary friends; in which her mother was an artist whose creative life had been stifled by an unhappy first marriage and a deeply sexist society that seemed expressly designed to snuff out creativity in women; in which her father was a doctor who struggled in secret with the guilt of having passed his own form of otherness on to his daughter; and in which, as an adult, Finck finally finds her shadow again—and, with it, her true self. Melancholy and funny, personal and surreal, *Passing for Human* is a profound exploration of identity by one of the most talented young comic artists working today. Part magical odyssey, part feminist creation myth, this memoir is, most of all, an extraordinary, moving meditation on what it means to be an artist and a woman grappling with the desire to pass for human. Praise for *Passing for Human* “In its ambition, framing, and multiple layers, [*Passing for Human*] raises the bar for graphic narrative. Even fans of [Liana Finck’s] work in the *New Yorker* will be blindsided by this outstanding book.”—Kirkus Reviews (starred review) “A sure hit for readers of graphic memoirs, this explores feeling different while recognizing sameness in others and making art while embracing being a work-in progress oneself.”—Annie Bostrom, Booklist “This story is as tender as it is wry. . . . Becoming human is a lifelong task—but Finck illustrates it with humor and panache.”—Publishers Weekly

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.

Forney has for several years been illustrating the Seattle alt-weekly *The Stranger*'s “Lustlab” classified ads by interpreting the most interesting, outrageous, or idiosyncratic ad in that week's paper, that is awarded the appellation “Lustlab Ad of the Week.” “Lustlab” is the category encompassing the kinkiest personal ads in the paper, and every week the page

attracts Seattle's finest lovers, kinksters, perverts, and the perv-curious, and each week, Forney chooses one ad, edits the text, and creates a comic combining that text and imagery. She uses her brushwork in many different styles?bold and graphic, fine and detailed, cartoony, or elegant, depending on the tone of the ad. She uses a variety of resource materials for inspiration, from early erotic photography to Tom of Finland to Wacky Packages-style send-ups of consumer products to original designs. Exhibitionists, voyeurs, threesomes, moresomes, tops, bottoms, switches, rope-lovers, spankers, spankees, bi-curious men, bi-curious women, lesbians with prison fantasies, masturbation clubs?Forney illustrates them all in her bemused, affectionate, witty, and elegant style. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 13.9px Arial; color: #424242}

An Arab-American college student struggles to live with epilepsy in this starkly colored and deeply-cutting graphic novel. Isaac wants nothing more than to be a functional college student—but managing his epilepsy is an exhausting battle to survive. He attempts to maintain a balancing act between his seizure triggers and his day-to-day schedule, but he finds that nothing—not even his medication—seems to work. The doctors won't listen, the schoolwork keeps piling up, his family is in denial about his condition, and his social life falls apart as he feels more and more isolated by his illness. Even with an unexpected new friend by his side, so much is up against him that Isaac is starting to think his epilepsy might be unbeatable. Based on the author's own experiences as an epileptic, Mis(h)adra is a boldly visual depiction of the daily struggles of living with a misunderstood condition in today's hectic and uninformed world.

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
From the "New York Times"-bestselling author of "Manic: A Memoir" comes a gripping and eloquent account of the
awakening and unfolding of Cheney's bipolar disorder.

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