

When Rabbit Howls

"The inspiring memoir of a young doctor and former college athlete who became a champion for people suffering from rare, under-researched diseases--all while battling his own. A former Georgetown quarterback nicknamed "The Beast," David Fajgenbaum was also a force in medical school, where he was known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled over a condition they had yet to even diagnose; floating in and out of consciousness, Fajgenbaum prayed for the equivalent of game day overtime: a second chance. Miraculously, Fajgenbaum survived, but only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease--an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disease. When he relapsed on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them; instead of waiting for the scientific stars to align, he proposed to align them himself. More than five years later and now married to his college sweetheart, his hard work has paid off: a treatment that he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when forces of determination, love, family, faith and serendipity collide"--

A collection of more than fifty hard-to-crack medical quandaries, featuring the best of The New York Times Magazine's popular Diagnosis column—now a Netflix original series “Lisa Sanders is a paragon of the modern medical detective storyteller.”—Atul Gawande, author of *Being Mortal* As a Yale School of Medicine physician, the New York Times bestselling author of *Every Patient Tells a Story*, and an inspiration and adviser for the hit Fox TV drama *House, M.D.*, Lisa Sanders has seen it all. And yet she is often confounded by the cases she describes in her column: unexpected collections of symptoms that she and other physicians struggle to diagnose. A twenty-eight-year-old man, vacationing in the Bahamas for his birthday, tries some barracuda for dinner. Hours later, he collapses on the dance floor with crippling stomach pains. A middle-aged woman returns to her doctor, after visiting two days earlier with a mild rash on the back of her hands. Now the rash has turned purple and has spread across her entire body in whiplike streaks. A young elephant trainer in a traveling circus, once head-butted by a rogue zebra, is suddenly beset with splitting headaches, as if someone were “slamming a door inside his head.” In each of these cases, the path to diagnosis—and treatment—is winding, sometimes frustratingly unclear. Dr. Sanders shows how making the right diagnosis requires expertise, painstaking procedure, and sometimes a little luck. Intricate, gripping, and full of twists and turns, *Diagnosis* puts readers in the doctor's place. It lets them see what doctors see, feel the uncertainty they feel—and experience the thrill when the puzzle is finally solved.

When Rabbit Howls Penguin

A criminologist who specializes in the neurological and biosocial bases of antisocial and violent behavior explains how impairments to areas of the brain that control fear, decision-making, and empathy can increase the likelihood of criminal activity. National Book Award finalist Here is the unforgettable story of the Binewskis, a circus-geek family whose matriarch and patriarch have bred their own exhibit of human oddities (with the help of amphetamine, arsenic, and radioisotopes). Their offspring include Arturo the Aquaboy, who has flippers for limbs and a megalomaniac ambition worthy of Genghis Khan . . . Iphy and Elly, the lissome Siamese twins . . . albino hunchback Oly, and the outwardly normal Chick, whose mysterious gifts make him the family's most precious—and dangerous—asset. As the Binewskis take their act across the backwaters of the U.S., inspiring fanatical devotion and murderous revulsion; as its members conduct their own Machiavellian version of sibling rivalry, *Geek Love* throws its sulfurous light on our notions of the freakish and the normal, the beautiful and the ugly, the holy and the obscene. Family values will never be the same.

The second of Kate Skylark's co-written true child abuse stories. Steve Gilbert is a charming, clever man. Lucy is his ten-year-old daughter. Lucy loves him to bits, just as all little girls love their daddies and she is delighted to hear he has organised a special party for her. After all, little girls love parties. But Steve Gilbert is also a sociopathic, manipulative sexual predator. Brainwashed into accepting her father's twisted view of the world, Lucy trusts him implicitly. Daddy will keep her safe; he will keep her happy. Daddy would never betray his little girl, would he? But as time goes on, Steve Gilbert's evil manipulations escalate and following a shocking string of events, Lucy's innocent young life turns from simple happy childhood to an abusive nightmare. Only one person can save her now. Lucy Gilbert and Kate Skylark are friends and confidants. They wrote this book together to help raise money to help children in danger. For every book sold or borrowed, a donation will be made to the NSPCC WARNING: This book is based upon a true account of child abuse, and as such contains passages that some readers may find disturbing.

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.

A psychiatrist describes his work with Karen Overhill, a patient complaining of acute depression who turned out to have been a victim of horrific childhood sexual abuse and who to survive had developed seventeen distinct and separate personalities, and his challenging efforts to reunite the separate selves into a whole person. Reprint. 50,000 first printing.

In this personal account, Lilia Tarawa exposes the shocking secrets of the cult, with its rigid rules and oppressive control of women. She describes her fear when her family questioned Gloriavale's beliefs and practices. When her parents fled

with their children, Lilia was forced to make a desperate choice: to stay or to leave. No matter what she chose, she would lose people she loved. In the outside world, Lilia struggled. Would she be damned to hell for leaving? How would she learn to navigate this strange place called 'the world'? And would she ever find out the truth about the criminal convictions against her grandfather? 'A powerful and revealing book...' Kirsty Wynn, New Zealand Herald 'An affecting parable and testament, in the most commendably secular senses.' David Hill, New Zealand Listener

Billy Milligan was a man tormented by twenty-four distinct personalities battling for supremacy over his body - a battle that culminated when he awoke in jail, arrested for the kidnap and rape of three women. In a landmark trial, Billy was acquitted of his crimes by reason of insanity caused by multiple personality disorder - the first such court decision in history. Among the twenty-four are: Philip, a petty criminal; Kevin, who dealt drugs; April, whose only ambition was to kill Billy's stepfather; Adalana, the shy, affection-starved lesbian who 'used' Billy's body in the rapes that led to his arrest; David, the eight-year-old 'keeper of the pain'; and the Teacher, the sum of all Billy's alter egos fused into one. In *The Minds of Billy Milligan*, Daniel Keyes brings to light the most remarkable and harrowing case of multiple personality ever recorded. 'Fascinating' LA Times '[Keyes] has carried it off brilliantly, bringing not only a fine clarity but a special warmth and empathy' Washington Post

"Informative, witty . . . Kollmann delivers terse commentary and gory detail while puncturing common misconceptions about forensics." —Booklist Step past the flashing lights into the true scene of the crime with this frank, unflinching, and unforgettable account of life as a crime scene investigator. Whether explaining rigor mortis or the art of fingerprinting a stiff corpse on the side of the road, Dana Kollmann details her true, unvarnished experiences as a CSI for the Baltimore County Police Department. "Riveting." —M. William Phelps, New York Times bestselling author of *We Thought We Knew You* Unlike the popular crime dramas proliferating on today's television networks, these forensic tales forgo glitz for grit to show what really goes on. Kollmann recounts stories that the cops and the CSI's usually leave in the field, bringing the sights, smells, and sounds of a crime scene alive as never before. "Raw and real." —Connie Fletcher, author of *Every Contact Leaves a Trace* Unveiling the process and science of crime scene investigation in all its can't-tear-your-eyes-away fascination, *Never Suck a Dead Man's Hand* takes you into the strange world behind the yellow tape, offering a truly eye-opening perspective on the day-to-day life of a CSI. "Gritty, witty, and heartfelt . . . a must-read." —Aphrodite Jones, New York Times bestselling author of *A Perfect Husband*

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next ten years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts." Dissociative identity disorder (DID) had begun to take hold, protecting Olga's mind from the tragic realities of her childhood. In *The Sum of My Parts*, Olga reveals her life story for the first time, chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID. Formerly known as multiple personality disorder, DID is defined by the presence of two or more identities. In this riveting story, Olga struggles to unearth memories from her childhood, and parallel identities—Olga at five years old, Olga at thirteen—come forth and demand to be healed. This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

The groundbreaking first-person account of successful recovery from dissociative identity disorder, now featuring a new preface by the author When Joan Frances Casey, a married twenty-six-year-old graduate student, "awoke" on the ledge of a building ready to jump, it wasn't the first time she couldn't explain her whereabouts. Soon after, Lynn Wilson, an experienced psychiatric social worker, diagnosed Joan with multiple personality disorder. She prescribed a radical program of reparenting therapy to individually treat her patient's twenty-four separate personalities. As Lynn came to know Joan's distinct selves—Josie, the self-destructive toddler; Rusty, the motherless boy; Renee, the people pleaser—she uncovered a pattern of emotional and physical abuse that had nearly consumed a remarkable young woman. Praise for *The Flock* "A testimony to [Casey's] courage and the dedication of her therapist, who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship."—The New York Times Book Review "Absolutely mesmerizing . . . the first coherent autobiographical study of its kind."—The Detroit News "A

compelling psychological odyssey offering unique insights into a nightmare world.”—Kirkus Reviews “Extraordinary . . . deftly told and studded with striking images.”—Publishers Weekly

Introduces the controversy over recollections of childhood sexual abuse as the window onto a broader field of ideas concerning memory, storytelling, and the psychology of women.

WHATEVER HAPPENED TO SYBIL? Dr. Patrick Suraci discovered the answer to that question in 1993. He learned that Sybil was Shirley Mason and they became friends. Flora Schreiber wrote SYBIL explaining how Shirley developed the 16 personalities as a result of her early childhood abuse. Using psychoanalysis for ten years, Dr. Cornelia Wilbur

From the award-winning journalist and author, a lyrical, raw and humane investigation of dementia that explores both the journeys of the people who live with the condition and those of their loved ones After a diagnosis of dementia, Nicci Gerrard's father, John, continued to live life on his own terms, alongside the disease. But when an isolating hospital stay precipitated a dramatic turn for the worse, Gerrard, an award-winning journalist and author, recognized that it was not just the disease, but misguided protocol and harmful practices that cause such pain at the end of life. Gerrard was inspired to seek a better course for all who suffer because of the disease. The Last Ocean is Gerrard's investigation into what dementia does to both the person who lives with the condition and to their caregivers. Dementia is now one of the leading causes of death in the West, and this necessary book will offer both comfort and a map to those walking through it. While she begins with her father's long slip into forgetting, Gerrard expands to examine dementia writ large. Gerrard gives raw but literary shape both to the unimaginable loss of one's own faculties, as well as to the pain of their loved ones. Her lens is unflinching, but Gerrard honors her subjects and finds the beauty and the humanity in their seemingly diminished states. In so doing, she examines the philosophy of what it means to have a self, as well as how we can offer dignity and peace to those who suffer with this terrible disease. Not only will it aid those walking with dementia patients, The Last Ocean will prompt all of us to think on the nature of a life well lived.

An inspiring and deeply personal coming of age memoir from one of Silicon Valley's youngest entrepreneurs—a second-generation Latino immigrant who taught himself how to code as a thirteen-year-old and went on to claim his share of the American dream. As his parents watched their restaurant business collapse in the wake of the Great Recession, Michael Sayman was googling “how to code.” Within a year, he had launched an iPhone app that was raking in thousands of dollars a month, enough to keep his family afloat—and in America. Entirely self-taught, Sayman headed from high school straight into the professional world, and by the time he was seventeen, he was Facebook's youngest employe ever, building new features that wowed its founder Mark Zuckerberg and are now being used by more than half a billion people every day. Sayman pushed Facebook to build its own version of Snapchat's Stories and, as a result, engagement on the platform soared across all demographics. Millions of Gen Z and Millennials flocked to Facebook, and as teen engagement rose dramatically on Instagram and WhatsApp, Snapchat's parent company suffered a billion-dollar loss in value. Three years later, Sayman jumped ship for Google. App Kid is the galvanizing story of a young Latino, not yet old enough to drink, who excelled in the cutthroat world of Silicon Valley and went on to become an inspiration to thousands of kids everywhere by following his own surprising, extraordinary path. In this candid and uplifting memoir, Sayman shares the highs and lows, the successes and failures, of his remarkable journey. His book is essential and affirming reading for anyone marching to the beat of their own drum.

This adorable new title from Emmy Award-winning singer-songwriter (and animal lover) Parry Gripp shows us the magical world of furry friendship and teaches young readers to be kind to animals of all shapes and sizes. Through adorable, uplifting photographs, and sweet, silly text, kids will learn not only how to interact with animals, but also just what makes you a good friend for your fuzzy, feathered, or scaly new bud. This fun book will inspire young animal lovers to understand their perfect new pal, giving kids lessons on being gentle with pets, making sure to care and love them, how to be patient, and more. Lyrical text illustrates the fun and companionship that dogs, cats, lizards, fish, rabbits, and all sorts of animal friends can offer. Parents and families considering or who've just gotten a new pet will have fun sharing and learning all about animals together. Plus, turn each page and sing along with Parry with an original song and music video!

Follows the true story of Truddi Chase, who struggled with a life impacted by child abuse and multiple personality disorder, in a memoir that describes her therapy and the breakthroughs that led to her recovery. Reprint.

Relates a tale of the bestial Trollocs, the witch Moiraine, and three boys, one of whom is fated to become the Dragon--the World's only hope and the sure means of its destruction

'How are you today?' the doctor asked. 'I'm fine', was the reply. 'But Sybil isn't. She was so sick she couldn't come. So I came instead.' Sybil is the story of a woman with sixteen separate personalities, and was instrumental in influencing the definition and diagnosis of multiple personality disorder. Sybil's diagnosis has since been called into question - but, forty years after it was first published, her story remains a gripping and disturbing account of one woman's struggle for mental stability and happiness. 'Astonishing book . . . It forces you to look at yourself and the people around you in a new way.' Doris Lessing

"I believe that we will win." In the summer of 2014, Tim Howard became an overnight sensation after more than ten years as one of America's leading professional soccer players. His record-breaking 15 saves for the United States national team against Belgium in the World Cup electrified a nation that had only recently woken up to the Beautiful Game after decades of hibernation. An estimated TV audience of 21 million viewers in the U.S.—larger than those of the NBA and NHL finals—watched Howard's heroic performance against the heavily favored Belgians in which he repelled shots with his hands, feet, legs, knees, and even his signature long beard. Suddenly an athlete who had toiled in relative anonymity for much of his career became the star of his own Internet meme ("Things Tim Howard Could Save": from Janet Jackson's "wardrobe malfunction" to the Titanic), and fielded personal calls from the likes of President Barack Obama ("You guys did us proud. . . . I don't know how you are going to survive the mobs when you come back home, man. You'll have to shave your beard so they don't know who you are"). In this inspiring and candid memoir, the beloved U.S. and Everton goalkeeper finally allows himself to do something that he would never do on the field: he drops his guard. Howard opens up for the first time about how a hyperactive kid from New Jersey with Tourette Syndrome defied the odds to become one of the greatest American keepers in history. He recalls his childhood, being raised by a single mother who instilled in him a love of all sports—he was also a standout high school basketball player—and a devout faith that helped him cope with a disorder that manifested itself with speech and facial tics, compulsive behavior, and extreme sensitivity to light, noise, and touch. The Keeper is also a chronicle of the personal sacrifices he's made for his career, including the ultimate dissolution of Howard's marriage—a casualty of what he calls his "addiction to winning"—and its most painful consequence: his separation from his two children. A treat for soccer fans, The Keeper will even captivate readers who are unfamiliar with the sport but want to know what makes a world-class athlete different from the rest of us—and where that difference gives way to common ground.

Documents the stories of the three women behind the famous multiple-personality-disorder case, contending that a large portion of the story was fabricated by a willing patient, her psychiatrist and an ambitious journalist who took advantage of a public that was psychologically primed to believe their claims. By the award-winning author of Pornography. 50,000 first printing.

The revised and expanded third edition of the bestselling guide to understanding borderline personality disorder—with advice for communicating with and helping the borderline individuals in your life. After more than three decades as the essential guide to borderline personality disorder (BPD), the third edition of I Hate You—Don't Leave Me now reflects the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as connections between

BPD and substance abuse, sexual abuse, post-traumatic stress syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD. This expanded and revised edition is an invaluable resource for those diagnosed with BPD and their family, friends, and colleagues, as well as professionals and students in the field, and the practical tools and advice are easy to understand and use in your day-to-day interactions with the borderline individuals in your life.

In 1989, Robert B. Oxnam, the successful China scholar and president of the Asia Society, faced up to what he thought was his biggest personal challenge: alcoholism. But this dependency masked a problem far more serious: Multiple Personality Disorder. At the peak of his professional career, after having led the Asia Society for nearly a decade, Oxnam was haunted by periodic blackouts and episodic rages. After his family and friends intervened, Oxnam received help from a psychiatrist, Dr. Jeffrey Smith, and entered a rehab center. It wasn't until 1990 during a session with Dr. Smith that the first of Oxnam's eleven alternate personalities--an angry young boy named Tommy--suddenly emerged. With Dr. Smith's help, Oxnam began the exhausting and fascinating process of uncovering his many personalities and the childhood trauma that caused his condition. This is the powerful and moving story of one person's struggle with this terrifying illness. The book includes an epilogue by Dr. Smith in which he describes Robert's case, the treatment, and the nature of multiple personality disorder. Robert's courage in facing his situation and overcoming his painful past makes for a dramatic and inspiring book.

Tells the story of a child's abuse at the hands of his alcoholic mother

A woman diagnosed with dissociative identity disorder reveals her harrowing journey from abuse to recovery in this #1 New York Times bestselling autobiography written by her own multiple personalities. Successful, happily married Truddi Chase began therapy hoping to find the reasons behind her extreme anxiety, mood swings, and periodic blackouts. What emerged from her sessions was terrifying: Truddi's mind and body were inhabited by the Troops—ninety-two individual voices that emerged to shield her from her traumatizing childhood. For years the Troops created a world where she could hide from the pain of the ritualized sexual abuse she suffered at the hands of her own stepfather—abuse that began when she was only two years old. It was a past that Truddi didn't even know existed, until she and her therapist took a journey to where the nightmare began... Written by the Troops themselves, *When Rabbit Howls* is told by the very alter-egos who stayed with Truddi Chase, watched over her, and protected her. What they reveal is a spellbinding descent into a personal hell—and an ultimate, triumphant deliverance for the woman they became.

The true story of how a renowned writer's struggle with mood storms led her to try a remedy as drastic as it is forbidden: microdoses of LSD. Her revealing, fascinating journey provides a window into one family and the complex world of a once-infamous drug seen through new eyes. When a small vial arrives in her mailbox from "Lewis Carroll," Ayelet Waldman is at a low point. Her moods have become intolerably severe; she has tried nearly every medication possible; her husband and children are suffering with her. So she opens the vial, places two drops on her tongue, and joins the ranks of an underground but increasingly vocal group of scientists and civilians successfully using therapeutic microdoses of LSD. As Waldman charts her experience over the course of a month--bursts of productivity, sleepless nights, a newfound sense of equanimity--she also explores the history and mythology of LSD, the cutting-edge research into the drug, and the byzantine policies that control it. Drawing on her experience as a federal public defender, and as the mother of teenagers, and her research into the therapeutic value of psychedelics, Waldman has produced a book that is eye-opening, often hilarious, and utterly enthralling.

After being abducted when she was ten and abused for five years by her kidnapper, Ray, Alice's only hope of freedom is in death, but her only way to achieve such an escape is to help Ray find the next girl for his collection.

Kim Noble is an accomplished artist whose work has been exhibited around the world. She is a mother with a teenage daughter. She is a bubbly and vivacious woman. To meet her you wouldn't think anything was wrong. But when Kim was younger than five years old, her personality splintered and fractured. In 1995 she was finally diagnosed with Dissociative Identity Disorder (DID) which has been described as a creative way to cope with unbearable pain. Now her body plays host to more than 20 different personalities, or 'alters'. There are women and men, adults and children; there is a scared little boy who speaks only Latin, an elective mute, a gay man and an anorexic teenager. Some alters age with her body; others are stuck in time. *ALL OF ME* takes the reader through the extraordinary world of a woman for whom the very nature of reality is different. It will tell of her terrifying battles to understand her own mind; of her desperate struggle against all odds to win back the child she loved; and of her courage and commitment in trying to make sense of her life. It is by turns shocking, inspiring, sometimes funny, and deeply moving.

Fiver could sense danger. Something terrible was going to happen to the warren - he felt sure of it. So did his brother Hazel, for Fiver's sixth sense was never wrong. They had to leave immediately, and they had to persuade the other rabbits to join them. And so begins a long and perilous journey of a small band of rabbits in search of a safe home. Fiver's vision finally leads them to Watership Down, but here they face their most difficult challenge of all... *Watership Down* is an epic journey, a stirring tale of adventure, courage and survival against the odds.

Finally, a book that addresses your concerns about DID From Eve to Sybil to Truddi Chase, the media have long chronicled the lives of people with dissociative identity disorder (DID), formerly known as multiple personality disorder. The *Dissociative Identity Disorder Sourcebook* serves as a much-needed bridge for communication between the dissociative individual and therapists, family, and friends who also have to learn to deal with the effects of this truly astonishing disorder.

In "Multiple Personality Disorder from the Inside Out," 146 people who have MPD and their significant others reveal the complex issues of diagnosis, therapy, and maintaining personal relationships. These writings have been gathered into a compelling and practical volume for anyone interested in improving the support network for individuals who suffer with MPD.

With a New Conclusion by the Author On the night of October 6, 1998, twenty-one-year-old Matthew Shepard left a bar with two alleged "strangers," Aaron McKinney and Russell Henderson. Eighteen hours later, Matthew was found tied to a log fence on the outskirts of town, unconscious and barely alive. Overnight, a politically expedient myth took the place of important facts. By the time Matthew died a few days later, his name was synonymous with anti-gay hate. *The Book of Matt*, first published in 2013, demonstrated that the truth was in fact far more complicated – and daunting. Stephen Jimenez's account revealed primary documents that had been under seal, and gave voice to many with firsthand knowledge of the case who had not been heard from, including members of law enforcement. In his Introduction to this updated edition, journalist Andrew Sullivan writes: "No one wanted Steve Jimenez to report this story, let alone go back and back to Laramie, Wyoming, asking awkward questions, puzzling over strange discrepancies, re-interviewing sources, seeking a deeper, more complex truth about the ghastly killing than America,

it turned out, was prepared to hear. It was worse than that, actually. Not only did no one want to hear more about it, but many were incensed that the case was being re-examined at all." As a gay man Jimenez felt an added moral imperative to tell the story of Matthew's murder honestly, and his reporting has been thoroughly corroborated. "I urge you to read [The Book of Matt] carefully and skeptically," Sullivan writes, "and to see better how life rarely fits into the neat boxes we want it to inhabit. That Matthew Shepard was a meth dealer and meth user says nothing that bad about him, and in no way mitigates the hideous brutality of the crime that killed him; instead it shows how vulnerable so many are to the drug's escapist lure and its astonishing capacity to heighten sexual pleasure so that it's the only thing you want to live for. Shepard was a victim twice over: of meth and of a fellow meth user."

"A riveting memoir that takes readers on a roller coaster ride from the depths of hell to triumphant success."—Dave Pelzer, author of *A Child Called "It"* Michelle Stevens has a photo of the exact moment her childhood was stolen from her: She's only eight years old, posing for her mother's boyfriend, Gary Lundquist—an elementary school teacher, neighborhood stalwart, and brutal pedophile. Later that night, Gary locks Michelle in a cage, tortures her repeatedly, and uses her to quench his voracious and deviant sexual whims. Little does she know that this will become her new reality for the next six years. Michelle can also pinpoint the moment she reconstituted the splintered pieces of her life: She's in cap and gown, receiving her PhD in psychology—and the university's award for best dissertation. The distance between these two points is the improbable journey from torture, loss, and mental illness to healing, recovery, and triumph that is Michelle's powerful memoir, *Scared Selfless*. Michelle suffered from post-traumatic stress disorder, anxiety, and depression, and made multiple suicide attempts. She also developed multiple personalities. There was "Chelsey," the rebellious teenager; "Viscous," a tween with homicidal rage; and "Sarah," a sweet little girl who brought her teddy bear on a first date. In this harrowing tale, Michelle, who was inspired to help others heal by becoming a therapist, sheds light on the all-too-real threat of child sexual abuse, its subsequent psychological effects, and the best methods for victims to overcome their ordeals and, ultimately, thrive. *Scared Selfless* is both an examination of the extraordinary feats of the mind that are possible in the face of horrific trauma as well as Michelle's courageous testament to their power.

The subject of the celebrated "Three Faces of Eve" multiple-personality case describes her work in the mental health field and how she successfully integrated her several personalities into the woman she is today

"A magnificent gift to those of us who love someone who has a mental illness...Earley has used his considerable skills to meticulously research why the mental health system is so profoundly broken."—Bebe Moore Campbell, author of *72 Hour Hold* Former Washington Post reporter Pete Earley had written extensively about the criminal justice system. But it was only when his own son—in the throes of a manic episode—broke into a neighbor's house that he learned what happens to mentally ill people who break a law. This is the Earley family's compelling story, a troubling look at bureaucratic apathy and the countless thousands who suffer confinement instead of care, brutal conditions instead of treatment, in the "revolving doors" between hospital and jail. With mass deinstitutionalization, large numbers of state mental patients are homeless or in jail—an experience little better than the horrors of a century ago. Earley takes us directly into that experience—and into that of a father and award-winning journalist trying to fight for a better way.

Rabbit outwits Coyote in this Zapotec tale which explains why coyotes howl at the moon.

"To escape the horror of violent abuse, the two-year-old child "went to sleep" and created the inner world of "the Troops," the 92 voices that shielded her from pain, but that she didn't know existed until adulthood. this is a journey through the fragmented world of the multiple personality-told by the Troop."-Amazon.com.

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