

An Unquiet Mind: A Memoir Of Moods And Madness

"In his Pulitzer Prize-winning poetry, Robert Lowell (1917-1977) put his manic-depressive illness into the public domain. Now Dr. Kay Redfield Jamison brings her expertise to bear on his story, illuminating the relationship between bipolar illness and creativity, and examining how Lowell's illness and the treatment he received came to bear on his work"--

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.

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

A psychiatrist traces her marriage to a renowned scientist who overcame severe dyslexia to become an expert on schizophrenia, describing his slow surrender to cancer and her own struggles to overcome grief and depression.

The Story of Nick Traina
Monkey Mind
The Lost Boy
Loving Someone with Bipolar Disorder
Mad Muse

Robert Lowell, Setting the River on Fire

Understanding Suicide

Mad Like Me: Travels in Bipolar Country takes you through one woman's life and her struggles with bipolar disorder. Her fearless honesty in retelling events helps to demystify a much misunderstood mental illness, and to humanize the people it affects. This book is a testimony to hope and to a family that stood by her through both the pain and the triumph of her story at the end. A must-read for therapists,

psychiatrists, patients working through recovery, and for families who may need insight into what it is truly like to have bipolar disorder.

A unique prison narrative that testifies to the power of books to transform a young man's life At the age of sixteen, R. Dwayne Betts-a good student from a lower- middle-class family-carjacked a man with a friend. He had never held a gun before, but within a matter of minutes he had committed six felonies. In Virginia, carjacking is a "certifiable" offense, meaning that Betts would be treated as an adult under state law. A bright young kid, he served his nine-year sentence as part of the adult population in some of the worst prisons in the state. A Question of Freedom chronicles Betts's years in prison, reflecting back on his crime and looking ahead to how his experiences and the books he discovered while incarcerated would define him. Utterly alone, Betts confronts profound questions about violence, freedom, crime, race, and the justice system. Confined by cinder-block walls and barbed wire, he discovers the power of language through books, poetry, and his own pen. Above all, A Question of Freedom is about a quest for identity-one that guarantees Betts's survival in a hostile environment and that incorporates an understanding of how his own past led to the moment of his crime.

An account of the author's predominantly bipolar family discusses his parents' and brother's struggles with their symptoms, his own development of bipolar disorder, and his observations on the connection between his family's illness and their religious faith.

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.

Madness
Manic-Depressive Illness
Travels In Bipolar Country
The Other Side of Me - Memoir of a Bipolar Mind
A Study of Genius, Mania, and Character
Exuberance
Coming Clean

Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival. The author recounts her own personal struggle with manic-depression and how it has shaped her life.

The author, a twenty-three-year-old living with bipolar disorder, describes her life and her quest to find other people like herself.

In this (gripping! (TechCrunch), eye-opening! (Gayle King, Oprah Daily) memoir of mental illness and entrepreneurship, the co-founder of the menswear startup Bonobos opens up about the struggle with bipolar disorder that nearly cost him everything. ⓀArrestingly candid . . . the most powerful book I've read on manic depression since An Unquiet Mind.ⓀAdam Grant, #1 New York Times bestselling author of Think Again and host of WorkLife ONE OF THE MOST ANTICIPATED BOOKS OF 2022ⓀForbes At twenty-eight, fresh from Stanford's MBA program and steeped in the move-fast-and-break-things ethos of Silicon Valley, Andy Dunn was on top of the world. He was building a new kind of startup: a digitally native, direct-to-consumer brand out of his Manhattan apartment. Bonobos was a new-school approach to selling an old-school product: men's pants. Against all odds, business was booming. Hustling to scale the fledgling venture, Dunn raised tens of millions of dollars while boundaries between work and life evaporated. As he struggled to keep the startup afloat, Dunn was haunted by a ghost: a diagnosis of bipolar disorder he received after a frightening manic episode in college, one that had punctured the idyllic veneer of his midwestern upbringing. He had understood his diagnosis as an unspeakable shame that according to the taciturn codes of his fraternity, the business world, and even his family, should be locked away. As Dunn's business began to take off, however, some of the very traits that powered his success as a founder—relentless drive, confidence bordering on hubris, and ambition verging on delusion—were now threatening to undo him. A collision course was set in motion, and it would culminate in a night of mayhem: one poised to unravel all that he had built. Burn Rate is an unconventional entrepreneurial memoir, a parable for the twenty-first-century economy, and a revelatory look at the prevalence of mental illness in the startup community. With intimate prose, Andy Dunn fearlessly shines a light on the dark side of success and challenges us all to take part in the deepening conversation around creativity, performance, and disorder.

Wasted
A Bipolar Life
Understanding and Helping Your Partner
Mind on Fire

Lithium, Love, and Losing My Mind

Mania, Depression, Michelangelo, and Me: A Graphic Memoir

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

Granata was a thousand miles from home when he received shocking news that his younger brother, Tim, propelled by unchecked schizophrenia, had killed their mother in their childhood home. Devastated by the grief of losing his mother, Granata was also consumed by the act itself, so incomprehensible that it overshadows every happy memory of life growing up in a seemingly idyllic middle-class family. He decides to examine the disease that irreversibly changed his family's destiny and piece together his brother's story. In the painstaking process of recovering the image of his remarkable mother and salvaging the love for his brother's murder, Granata provides a powerful and reaffirming portrait of loss and forgiveness. -- adapted from jacket
NATIONAL BESTSELLER
• *A deeply powerful memoir about bipolar illness that has both transformed and saved lives—with a new preface by the author. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication.*

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

Launching a Startup and Losing My Mind
Scattershot
Manic
A Foster Child's Search for the Love of a Family
Brilliant Madness
Everything Is Fine
The Dowry

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

In her revealing bestseller Call Me Anna, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on The Patty Duke Show was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in A Brilliant Madness Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

An Unquiet MindA Memoir of Moods and MadnessVintage

Searching for a relationship is hard enough without the added challenges of your partner's 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 dry 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

A Memoir of Anorexia and Bulimia

What You and Your Family Need to Know

A Memoir of Mania

His Bright Light

Nothing was the Same

A Shining Affliction

Night Falls Fast

Character 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.

"Families are riddled with untold secrets. But Stephen Hinshaw would have never thought that in his family a profound secret had been kept under lock and key for 18 years. From the moment his father revealed his long history with mental illness and involuntary hospitalizations, Hinshaw knew his life would be changed forever. Hinshaw calls his father's reveal "psychological birth"—after years of experiencing the ups and downs of his father's illness without knowing it existed, watching him disappear for weeks at a time only to return as the loving father he had always known, everything he experienced as a child began to make sense. He learned as much as possible about his father's illness, and what began as an exploration into his father's past and mental health turned into a full-fledged career as a clinical psychologist. In Another Kind of Madness, Hinshaw explores the burden of living in a family "loaded" with mental illness and debunks the "stigma" behind it, explaining that in today's society, mental health problems can result in a loss of a driver's license, inability to vote or run for office, or automatic relinquishment of child custody. With a moving personal narrative and shocking facts about how America views mental health conditions in the 21st century, Another Kind of Madness is a passionate call to arms regarding the importance of destigmatizing mental illness."

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

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! Sinner Feltter 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" Emilia 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 out 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 terrifying 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 flitter past, it also changes your very perception of psychology" Hilary A White, Sunday Independent Memoir of the Year

Marbles

Ghosted

A Memoir of Moods and Madness

Another Kind of Madness

Girl, Interrupted

Bipolar Disorders and Recurrent Depression

The Mental Illness Memoir in a Writer's Life and Work

SHORTLISTED FOR THE PORTICO PRIZE 2022 'Unnerving, absorbing . . . Laurie is a miraculous creation . . . Piercingly human and darkly funny, Ghosted is a tender, beautifully controlled account of expectations knocked off course.' Sunday Times One ordinary morning, Laurie's husband disappears, leaving behind his phone and wallet. For weeks she tells no one, carrying on her cleaning job at the university, visiting her tricky, dementia-suffering father and hoing up in her high-rise flat with a bottle to hand. When she finally long? Laurie can't fully explain her behaviour even to herself, or the strange presence she senses in the flat. Only when she looks back on the ensuing wreckage does she begin to understand, and see how she might repair the damage.

Kay Redfield Jamison, award-winning professor and writer, changed the way we think about moods and madness. Now Jamison uses her characteristic honesty, wit and eloquence to look back at her relationship with her husband, Richard Wyatt, a renowned scientist who died of cancer. Nothing was the Same is a penetrating psychological study of grief viewed from deep inside the experience itself.

The revolution in psychiatry that began in earnest in the 1960s led to dramatic advances in the understanding and treatment of manic-depressive illness. Hailed as the most outstanding book in the biomedical sciences when it was originally published in 1990, Manic-Depressive Illness was the first to survey this massive body of evidence comprehensively and to assess its meaning for both clinician and scientist. It also vividly portrayed the experience of manic-depressive illness from the perspective of patients, their families, and society. It also revealed in detail the cyclical course and about the essential unity of its bipolar and recurrent unipolar forms- the book has become the definitive work on the topic, revered by both specialists and nonspecialists alike. Now, in this magnificent second edition, Drs. Frederick Goodwin and Kay Redfield Jamison bring their unique contribution to mental health science into the 21st century. In collaboration with a team of other leading scientists, a collaboration designed to preserve the unified voice of the two authors, recent years and incorporate cutting-edge research conducted since publication of the first edition. They also update their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. The medical treatment of manic and depressive episodes is described, strategies for preventing future episodes are given in detail, and psychotherapeutic issues common in this illness are explored. Treating patients who abuse drugs and alcohol or who pose a risk of suicide. This book, unique in the way that it retains the distinct perspective of its authors while assuring the maximum in-depth coverage of a vastly expanded base of scientific knowledge, will be a valuable and necessary addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness.

The writer and actress explore her childhood and youth, which was largely defined by her father's struggle with hoarding.

A Memoir

Touched With Fire

A Love Story

From Torment to Fulfillment

A Story of Harm and Healing in Psychotherapy

A Memoir of Madness and Recovery

The Nocturnal Demon

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

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

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

Bipolar disorder is a lifelong challenge—but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the best out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

Detour

Mental

A Memoir of Learning, Survival, and Coming of Age in Prison

An Unquiet Mind

The Passion for Life

Electrobey

Nothing Was the Same

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, Wasted is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote An Unquiet Mind. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity critical to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

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.

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

A Bipolar's Journey

My Bipolar Road Trip in 4-D

A Memoir of Anxiety

The Bipolar Disorder Survival Guide, Third Edition

A Journey Through the Stigma and Hope of Mental Illness

Burn Rate

A Question of Freedom

The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies.

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

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

NATIONAL BESTSELLER • 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. Her memoir of the next two years is a "poignant, honest ... triumphantly funny ... and heartbreaking story" (The New York Times Book Review). The ward for teenage girls in the McLean psychiatric hospital was 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 Bipolar Family : a Memoir

An Atlas Of Depression

Mad Like Me

Living with Manic Depressive Illness