

Bloodletting A Memoir Of Secrets Self Harm And Survival

The Canadian first lady of Iceland pens a book about why this tiny nation is leading the charge on gender equality, in the vein of *The Moment of Lift*. Iceland is the best place on earth to be a woman—but why? For the past twelve years, the World Economic Forum's Global Gender Gap Report has ranked Iceland number one on its list of countries closing the gap in equality between men and women. What is it about Iceland that enables its society to make such meaningful progress in this ongoing battle, from electing the world's first female president to passing legislation specifically designed to help even the playing field at work and at home? The answer is found in the country's *sprakkar*, an ancient Icelandic word meaning extraordinary or outstanding women. Eliza Reid—Canadian born and raised, and now first lady of Iceland—examines her adopted homeland's attitude toward women: the deep-seated cultural sense of fairness, the influence of current and historical role models, and, crucially, the areas where Iceland still has room for improvement. Throughout, she interviews dozens of *sprakkar* to tell their inspirational stories, and expertly weaves in her own experiences as an immigrant from small-town Canada. The result is an illuminating discussion of what it means to move through the world as a woman and how the rules of society play more of a role in who we view as equal than we may understand. What makes many women's experiences there so positive? And what can we learn about fairness to benefit our society? Like influential and progressive first ladies Eleanor Roosevelt, Hillary Rodham Clinton, and Michelle Obama, Reid uses her platform to bring the best of her nation to the world. *Secrets of the Sprakkar* is a powerful and atmospheric portrait of a tiny country that could lead the way forward for us all.

Paperback version of *Stealing Time*

You may have noticed them—the kids who are hiding their pain under long sleeves or wristbands. Or you might never notice them—the ones who seem to have life together except for the deep pain that they keep hidden beneath their clothes. This is no longer a fringe issue that occurs only in the most extreme cases. The truth is that many teens today are dealing with their emotional pain by inflicting physical pain upon themselves, whether we can see it on the surface or not. While we will never fully understand the motives behind self-mutilation and cutting, we can begin to understand why some teens cut, and more importantly, we can learn how to help. *Hope and Healing for Kids Who Cut* will take you into the world of self-injury, defining what it is—and what it is not. You will hear stories from teens and young adults who struggle with the urge to hurt themselves, and you will learn to recognize the signs of self-injury. In addition, counselor and professor, Marv Penner will help you understand the cycle of addiction, that has become everyday life for so many hurting teens, and he'll give you the tools and wisdom to help a self-injurer find hope and healing. Whether you know someone who is cutting, or you are struggling with this addiction yourself, *Hope and Healing for Kids Who Cut* is something you want to have in your "first-aid" kit.

My name is Lucy. I am in recovery from anorexia nervosa and major depression, each of which almost killed me. So begins *Biting Anorexia*, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous, remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses. Tinged with a wicked sense of humor, Lucy's beautifully written, penetrating insights capture the overpowering anxiety that comes with anorexia and reveal the challenge of recovery. This courageous and compelling story will inspire and support those troubled with the condition and their family and friends, the world over. ... a graphic yet poetic insight into the pain and

suffering experienced by sufferers of eating disorders. --Claire Vickery, CEO and founder of The Butterfly Foundation

You Are Not Alone

Hope and Healing for Kids Who Cut

Venomous Secrets

Sorry Not Sorry

My Share of the Task

Zelfverwonding. Psychodynamiek en psychotherapie

The Way the Crow Flies

A darkly compelling story, this memoir examines one woman's secret overwhelming desire to physically hurt herself. Any casual observer of Victoria's life would not see that this confident, pretty, and articulate young woman was intensely struggling with the all-encompassing need to injure her body. This powerful account chronicles her stresses and insecurities, as well as the mental anguish that led to her wanting to physically turn on herself. Frequently an unspoken and unacknowledged disease, self-harm, a psychological ailment affects an often hidden population; Victoria's story explores the disease and the forces that drive it.

I made money I'd never imagined and I wore velvet dresses and shone in lamplight, I walked tall in crowds, knowing myself to be desired. I told people I was a prostitute and smiled as I said it, and dared them to turn their gaze...The smile that I give you now, I talk about it now is, I can feel, nostalgic, provocative. A brightness comes into my eyes. And, I'm told, a hard look too. In *My Skin* describes an extraordinary journey through an often hidden world of heroin and prostitution. Kate's story is one of survival, resourcefulness, and an unflinching look at the consequences of addiction. More than just a fearless and compelling narrative, *In My Skin* is the triumphant announcement of a new talent in Australian writing.

Bloodletting A memoir of secrets, self-harm and survival Allen & Unwin

Every 3rd issue is a quarterly cumulation.

A Memoir of My Mother's Hidden Life

Dark Sun

In My Skin

Dreams, Mistakes, and Growing Up

The Extraordinary Life and Times of John Hunter, Father of Modern Surgery

A Steampunk Romance

Self-injury

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar

Read Book Bloodletting A Memoir Of Secrets Self Harm And Survival

fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. Open Book is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés – “chicken or fish,” “Daisy Duke,” “football jinx,” “mom jeans,” “sexual napalm...” and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

From humble origins, John Hunter rose to become the most famous anatomist and surgeon of the eighteenth century. In an age when operations were crude, extremely painful, and often fatal, he rejected medieval traditions to forge a revolution in surgery founded on pioneering scientific experiments. Using the knowledge he gained from countless human dissections, Hunter worked to improve medical care for both the poorest and the best-known figures of the era— including Sir Joshua Reynolds and the young Lord Byron. An insatiable student of all life-forms, Hunter was also an expert naturalist. He kept exotic creatures in his country menagerie and dissected the first animals brought back by Captain Cook from Australia. Ultimately his research led him to expound highly controversial views on the age of the earth, as well as equally heretical beliefs on the origins of life more than sixty years before Darwin published his famous theory. Although a central figure of the Enlightenment, Hunter's tireless quest for human corpses immersed him deep in the sinister world of body snatching. He paid exorbitant sums for stolen cadavers and even plotted successfully to steal the body of Charles Byrne, famous in his day as the “Irish giant.”

“The sun came out after the war and our world went Technicolor. Everyone had the same idea. Let's get married. Let's have kids. Let's be the ones who do it right.” The Way the Crow Flies, the second novel by bestselling, award-winning author Ann-Marie MacDonald, is set on the Royal Canadian Air Force station of Centralia during the early sixties. It is a time of optimism—infused with the excitement of the space race but overshadowed by the menace of the Cold War—filtered through the rich imagination and quick humour of eight-year-old Madeleine McCarthy and the idealism of her father, Jack, a career officer. Ann-Marie MacDonald said in a discussion with Oprah Winfrey about her first book, “a happy ending is when someone can walk out of the rubble and tell the story.” Madeleine achieves her childhood dream of becoming a comedian, yet twenty years later she realises she cannot rest until she has renewed the quest for the truth, and confirmed how and why the child was murdered.. Publishers Weekly, in a starred review, called The Way the Crow Flies “absorbing, psychologically rich...a chronicle of innocence betrayed”. With compassion and

intelligence, and an unerring eye for the absurd as well as the confusions of childhood, , MacDonald evokes the confusion of being human and the necessity of coming to terms with our imperfections. Funny and deeply personal, Sorry Not Sorry recounts Glee star Naya Rivera's successes and missteps, urging young women to pursue their dreams and to refuse to let past mistakes define them. Navigating through youth and young adulthood isn't easy, and in Sorry Not Sorry, Naya Rivera shows us that we're not alone in the highs, lows, and in-betweens. Whether it's with love and dating, career and ambition, friends, or gossip, Naya inspires us to follow our own destiny and step over--or plod through--all the crap along the way. After her rise and fall from early childhood stardom, barely eking her way through high school, a brief stint as a Hooters waitress, going through thick and thin with her mom/manager, and resurrecting her acting career as Santana Lopez on Glee, Naya emerged from these experiences with some key life lessons: Sorry: - All those times I scrawled "I HATE MY MOM" in my journal. So many moms and teenage daughters don't get along--we just have to realize it's nothing personal on either side. - At-home highlights and DIY hair extensions. Some things are best left to the experts, and hair dye is one of them. - Falling in love with the idea of a person, instead of the actual person. Not Sorry: - That I don't always get along with everyone. Having people not like you is a risk you have to take to be real, and I'll take that over being fake any day. - Laughing at the gossip instead of getting upset by it. - Getting my financial disasters out of the way early--before I was married or had a family--so that the only credit score that I wrecked was my own. Even with a successful career and a family that she loves more than anything else, Naya says, "There's still a thirteen-year-old girl inside of me making detailed lists of how I can improve, who's never sure of my own self-worth." Sorry Not Sorry is for that thirteen-year-old in all of us.

Healing the Hurt Within 3rd Edition

The Good Daughter

The Publishers Weekly

A memoir of secrets, self-harm and survival

Girl in Need of a Tourniquet

Living with Depression

To Throw Away Unopened

At the age of four, Jaipreet Virdi's world went silent. A severe case of meningitis left her alive but deaf, suddenly treated differently by everyone. Her deafness downplayed by society and doctors, she struggled to "pass" as hearing for most of her life. Countless cures, treatments, and technologies led to dead ends. Never quite deaf enough for the Deaf community or quite hearing enough for the "normal" majority, Virdi was stuck in aural limbo for years. It wasn't until her thirties, exasperated by problems with new digital hearing aids, that she began to actively assert her

deafness and reexamine society's—and her own—perception of life as a deaf person in America. Through lyrical history and personal memoir, *Hearing Happiness* raises pivotal questions about deafness in American society and the endless quest for a cure. Taking us from the 1860s up to the present, Viridi combs archives and museums in order to understand the long history of curious cures: ear trumpets, violet ray apparatuses, vibrating massagers, electrotherapy machines, airplane diving, bloodletting, skull hammering, and many more. Hundreds of procedures and products have promised grand miracles but always failed to deliver a universal cure—a harmful legacy that is still present in contemporary biomedicine. Weaving Viridi's own experiences together with her exploration into the fascinating history of deafness cures, *Hearing Happiness* is a powerful story that America needs to hear.

The many manifestations of migraine can vary dramatically from one patient to another, even within the same patient at different times. Among the most compelling and perplexing of these symptoms are the strange visual hallucinations and distortions of space, time, and body image which migraineurs sometimes experience. Portrayals of these uncanny states have found their way into many works of art, from the heavenly visions of Hildegard von Bingen to *Alice in Wonderland*. Dr. Oliver Sacks argues that migraine cannot be understood simply as an illness, but must be viewed as a complex condition with a unique role to play in each individual's life.

Skillfully woven together with empathic insight into the lives and minds of those who self-injure, *"Healing the Hurt Within"* is replete with the latest developments in the field, informative statistical data, instructive diagrams, carefully selected resources, case studies, expert testimonies, and practical self-help activities. The author's warmth, compassion, and regard for those caught in the cycle of self-injury shines through the pages of this profoundly enlightening and extensively updated 3rd edition. *"Healing the Hurt Within"* offers: solace, hope, and direction to those who self-injure; guidance to family and friends supporting a loved one who self-injures; and, guidelines to professionals and voluntary caregivers on how to respond to clients that self-injure.

Meer dan een eeuw geleden (1904) publiceerde Sigmund Freud

zijn Psychopathologie van het alledaags leven. Met de titel van dit boek wordt dan ook eerbiedig op dat werk van Freud gezinspeeld. In de eerste verhandeling bedekt de auteur het canvas met primer en probeert hij belangrijke kenmerken van onze hedendaagse tijd te vatten. Deconstructie, globalisering, de mythes van jeugd en efficiëntie en de sacralisering van de liefde passeren de revue. In de tweede verhandeling staat hij stil bij de actuele geestelijke gezondheidszorg. Hij neemt in het bijzonder de verhouding tussen psychoanalyse en neurowetenschap onder de loep. Zo zag bij het begin van dit millennium de nieuwe discipline van de neuropsychanalyse het licht. Zij tracht dan de kloof te dichten tussen verklaren en begrijpen. In de derde verhandeling keert hij spelenderwijs terug naar de tijdsgeest. Het blijkt dat we niet alleen gevoed, maar ook geconsumeerd worden door de cultuur die we zelf hebben gecreëerd. Het gemondialiseerde kapitalisme en de digitale technologie fungeren er als proces zonder subject waarin we ons vermalen voelen. Cultfilm The Matrix is een pakkende illustratie van deze economico- en technologica. In de laatste verhandeling zoomt de auteur in op de hedendaagse psychopathologie die een aktueelpathologische wending neemt. Naast verslaving en divers ageergedrag uit ze zich onder andere in zelfverwonding. Die is (althans gedeeltelijk) te begrijpen als protest tegen micro- en macroculturele tekortkomingen.

Book Review Index

A Memoir

Deafness Cures in History

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Self-Mutilation and the Language of Pain

Iceland's Extraordinary Women and How They Are Changing the World

A Memoir of Vietnam and the Pentagon Papers

"General McChrystal is a legendary warrior with a fine eye for enduring lessons about leadership, courage, and consequence." —Tom Brokaw General Stanley McChrystal is widely admired for his hunger to know the truth, his courage to find it, and his humility to listen to those around him. Even as the commanding officer of all U.S. and coalition forces in Afghanistan, he stationed himself forward and frequently went on patrols with his troops to experience their challenges firsthand. In this illuminating New York Times bestseller, McChrystal frankly explores the major episodes and controversies of his career. He describes the many outstanding leaders he served with and the handful of

bad leaders he learned not to emulate. And he paints a vivid portrait of how the military establishment turned itself, in one generation, into the adaptive, resilient force that would soon be tested in Iraq, Afghanistan, and the wider War on Terror. "A compelling account of his impressive career." -The Wall Street Journal "This is a brilliant book about leadership wrapped inside a fascinating personal narrative." -Walter Isaacson, author of Steve Jobs Stanley McChrystal retired in July 2010 as a four-star general in the U.S. Army. His last assignment was as the commander of the International Security Assistance Force and as the commander of U.S. forces in Afghanistan. He is currently a senior fellow at Yale University's Jackson Institute for Global Affairs and cofounder of the McChrystal Group, a leadership consulting firm. He and his wife, Annie, live in Virginia.

On the table of psychiatrist Robert Cavendish lay a strange set of papers, claimed to be the journal of the infamous Whitechapel murderer whose crimes instilled terror on the streets of Victorian London. Delving deeper into the journal, Robert is convinced of its authenticity, and finds that the words of the Ripper have a strange and compelling effect on him. Unable to cast the pages aside, he is drawn into the dark, sinister world of Jack The Ripper. Robert is about to find out just how thin the line between sanity and madness really is. But can he distinguish fact from fantasy?

Sometimes it's best to leave the past alone. For when biographer Martin Nanther looks into the life of his famous great-grandfather Henry, Queen Victoria's favorite physician, he discovers some rather unsettling coincidences, like the fact that the doctor married the sister of his recently murdered fiancé. The more Martin researches his distant relative, the more fascinated—and horrified—he becomes. Why did people have a habit of dying around his great grandfather? And what did his late daughter mean when she wrote that he's done "monstrous, quite appalling things"? Barbara Vine (a.k.a. Ruth Rendell) deftly weaves this story of an eminent Victorian with a modern yarn about the embattled biographer, who is watching the House of Lords prepare to annul membership for hereditary peers and thus strip him of his position. Themes of fate and family snake throughout this teasing psychological suspense, a typically chilling tale from a master of the genre.

Three Dark Crowns meets Pretty Little Liars in this sensational and striking new fantasy from debut author Ellen Goodlett. Three girls. Three deadly secrets. Only one can wear the crown. The king is dying, his heir has just been murdered, and rebellion brews in the east. But the kingdom of Kolonya and the outer Reaches has one last option before it descends into leaderless chaos. Or rather, three unexpected options. Zofi has spent her entire life trekking through the outer Reaches with her band of Travelers. She would do anything to protect the band, her family. But no one can ever find out how far she's already gone. Akeylah was raised in the Eastern Reach, surrounded by whispers of rebellion and abused by her father. Desperate to escape, she makes a decision that threatens the whole kingdom. Ren grew up in Kolonya, serving as a lady's maid and scheming her way out of the servants' chambers. But one such plot could get her hung for treason if anyone ever discovers what she's done. When the king summons the girls, they arrive expecting arrest or even execution. Instead they learn the truth: they are his illegitimate daughters, and one must become his new heir. But someone in Kolonya knows their secrets, and that someone will stop at nothing to keep the sisters from their destiny... to rule. Magic, mystery, and blackmail abound in the first book of

this sensational and striking fantasy duology.

Migraine

A Novel

Secrets

Biting Anorexia

The Reader

The Knife Man

The Blood Doctor

When it comes to parenting a child with a hidden disability, everyone seems to have an opinion. Here, Naomi Simmons writes from experience, offering new solutions for when conventional parenting strategies just don't work. Whether it be high functioning autism, ADHD, OCD, a mood or anxiety disorder with or without a diagnosis, if you have a child with any hidden disability, this is the book for you. Naomi Simmons is a parent of children with a range of hidden disabilities. She provides candid guidance on how best to support children in this situation - dealing with meltdowns, school avoidance, self-harm, anxiety and depression - and shares the experiences of others who really do 'get it'. Addressing common concerns and hurdles, this book helps you respond to your child's needs and challenges while developing their unique strengths and talents.

Deadly secrets. A fanged monster. A device that could save lives or shatter worlds.

Bloodletting/ - , letting/ n. 1. Phlebotomy, the act or process of letting blood or bleeding, as by opening a vein or artery. 2. Outmoded medical practice used as a cure for illnesses ranging from fevers to hysteria. Bloodletting is a frank, compelling and at times darkly humorous memoir boldly challenging the silence surrounding one of mental health's last taboos. A close relative of bulimia and anorexia, it is estimated that up to 1 per cent of the population has intentionally harmed itself - yet for the most part it is a behaviour that goes unspoken, dismissed as the attention-seeking actions of prison in-mates or delinquent teenagers. If you had run into Victoria on the street during her darkest days you would never have known the torment she endured. Confident, polite and articulate she could have been your sister, your workmate, your friend, your lover. Yet from her late teens and throughout her twenties Victoria Leatham struggled with the overwhelming desire to hurt herself, a desire that was all-consuming and shaped every aspect of her life. And while not everyone who feels stressed, insecure or depressed will physically turn upon themselves, anyone who has ever felt out of control will recognise the logic that drove her. Today Victoria is a happy, successful 30-something professional who only occasionally glances sideways at the bathroom cabinet.

This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks

candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest “get”—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric’s position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her “welcome” was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn’t happen. If you thought you knew Katie Couric, think again. *Going There* is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

Hope for Hurting Parents of Troubled Kids

A Study In Red

Understand self-injury and self-harm, and heal the emotional wounds

A Memoir of Secrets, Self-Harm and Survival

The Secret Journal of Jack the Ripper

Hearing Happiness

Getting It

Recounts the life and criminal career of Frank Cullotta who became an FBI informant and entered the Witness Protection Program.

Here, for the first time, in a brilliant, panoramic portrait by the Pulitzer Prize-winning author of *The Making of the Atomic Bomb*, is the definitive, often shocking story of the politics and the science behind the development of the hydrogen bomb and the birth of the Cold War. Based on secret files in the United States and the former Soviet Union, this monumental work of history discloses how and why the United States decided to create the bomb that would dominate world politics for more than forty years.

Hailed for its coiled eroticism and the moral claims it makes upon the reader, this mesmerizing novel is a story of love and secrets, horror and compassion, unfolding against the haunted landscape of postwar Germany. When he falls ill on his way home from school, fifteen-year-old Michael Berg is rescued by Hanna, a woman twice his age. In time she becomes his lover—then she inexplicably disappears. When Michael next sees her, he is a young law

student, and she is on trial for a hideous crime. As he watches her refuse to defend her innocence, Michael gradually realizes that Hanna may be guarding a secret she considers more shameful than murder.

SHORTLISTED FOR THE COSTA BOOK OF THE YEAR AWARDS 2018 What was I fighting for? Even now I'm not sure. Something so old and so deep, it has no words, no shape, no logic. Every memoir is a battle between reality and invention - but in her follow up to *Clothes, Music, Boys*, Viv Albertine has reinvented the genre with her unflinching honesty. *To Throw Away Unopened* is a fearless dissection of one woman's obsession with the truth - the truth about family, power, and her identity as a rebel and outsider. It is a gaping wound of a book, both an exercise in blood-letting and psychological archaeology, excavating what lies beneath: the fear, the loneliness, the anger. It is a brutal expose of human dysfunctionality, the impossibility of true intimacy, and the damage wrought upon us by secrets and revelations, siblings and parents. Yet it is also a testament to how we can rebuild ourselves and come to face the world again. It is a portrait of the love stories that constitute a life, often bringing as much pain as joy. With the inimitable blend of humour, vulnerability, and intelligence that makes Viv Albertine one of our finest authors working today, *To Throw Away Unopened* smashes through layers of propriety and leads us into a new place of savage self-discovery.

Australian Book Review

A Firsthand Account of an Internal War

The Buddha and the Borderline

Loud in the House of Myself: Memoir of a Strange Girl

A Bright Red Scream

Open Book

Psychopathologie van het hedendaags leven. Vier verhandelingen

19-year-old Charity Graff engages in self-harm. More specifically she cuts herself to numb emotions. In a series of raw journal entries, the confused teenager writes to her estranged father, filling him in on what's happened in her life since he left her nearly 18 years ago. Throughout the course of her letter writing, Charity chronicles her penchant for cutting, a serious struggle with depression and her inability to vocally express her feelings.

"I highly recommend [A Bright Red Scream], because it's beautifully written and . . . so candid." -Amy Adams, star of HBO's Sharp Objects in Entertainment Weekly

Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their numbers include the actor Johnny Depp, Girl

Interrupted author Susanna Kaysen, and the late Princess Diana. Mistakenly viewed as suicide attempts or senseless masochism—even by many health professionals—"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves—who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. *A Bright Red Scream* is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists.

We were a world of two, my mother and I, until I started turning into an American girl. That's when she began telling me about *The Good Daughter*. It became a taunt, a warning, an omen. Jasmin Darznik came to America from Iran when she was only three years old, and she grew up knowing very little about her family's history. When she was in her early twenties, on a day shortly following her father's death, Jasmin was helping her mother move; a photograph fell from a stack of old letters. The girl pictured was her mother. She was wearing a wedding veil, and at her side stood a man whom Jasmin had never seen before. At first, Jasmin's mother, Lili, refused to speak about the photograph, and Jasmin returned to her own home frustrated and confused. But a few months later, she received from her mother the first of ten cassette tapes that would bring to light the wrenching hidden story of her family's true origins in Iran: Lili's marriage at thirteen, her troubled history of abuse and neglect, and a daughter she was forced to abandon in order to escape that life. The final tape revealed that Jasmin's sister, Sara - *The Good Daughter* - was still living in Iran. In this sweeping, poignant, and beautifully written memoir, Jasmin weaves the stories of three generations of Iranian women into a unique tale of one family's struggle for freedom and understanding. The result is an enchanting and unforgettable story of secrets, betrayal, and the unbreakable mother-daughter bond.

The true story of the leaking of the Pentagon Papers, the

event which inspired Steven Spielberg's feature film *The Post* In 1971 former Cold War hard-liner Daniel Ellsberg made history by releasing the Pentagon Papers - a 7,000-page top-secret study of U.S. decision-making in Vietnam - to the New York Times and Washington Post. The document set in motion a chain of events that ended not only the Nixon presidency but the Vietnam War. In this remarkable memoir, Ellsberg describes in dramatic detail the two years he spent in Vietnam as a U.S. State Department observer, and how he came to risk his career and freedom to expose the deceptions and delusions that shaped three decades of American foreign policy. The story of one man's exploration of conscience, *Secrets* is also a portrait of America at a perilous crossroad. "[Ellsberg's] well-told memoir sticks in the mind and will be a powerful testament for future students of a war that the United States should never have fought." -The Washington Post "Ellsberg's deft critique of secrecy in government is an invaluable contribution to understanding one of our nation's darkest hours." -Theodore Roszak, San Francisco Chronicle

Secrets of the Sprakkar

Stealing Time

Cutters Don't Cry

Cullotta

Raising Kids with Hidden Disabilities

Bloodletting

Examines the consequences of day-to-day life, where to go for help and features real-life examples of people struggling with depression.

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.

You would go to the ends of the earth for your child. So, if your teenager or young adult is in the midst of crisis due to self-injury, mental illness, depression, bullying, or destructive choices, you probably feel broken, powerless, and isolated. Dena Yohe wants you to know you are not alone. You are not a bad parent. And you are going to be okay. Dena has been where you are. In *You Are Not Alone*, she speaks from experience as she offers healthy ways to maintain your other relationships, suggestions for responding to friends who don't understand, and ideas for keeping up your emotional and spiritual well-being when your world feels as if it's crashing down. It is possible to find purpose in your pain, joy beyond your fear, and hope for every tomorrow. Includes prayers, exercises, websites, and other helpful resources.

An honest and compelling memoir, *Girl in Need of a Tourniquet* Merri Lisa Johnsons

account of her borderline personality disorder and how it has affected her life and relationships. Johnson describes the feeling of "bleeding out" - unable to tell where she stopped and where her partner began. A self-confessed "psycho girlfriend," she was influenced by many emotional factors from her past. She recalls her path through a dysfunctional, destructive relationship, while recounting the experiences that brought her to her breaking point. In recognizing her struggle with borderline personality disorder, Johnson is ultimately able to seek help, embarking on a soul-searching healing process. It's a path that is painful, difficult, and at times heart-wrenching, but ultimately makes her more able to love and coexist in healthy relationships.

Learning to Understand and Help Those Who Self-Injure

Going There

The Life of a Chicago Criminal, Las Vegas Mobster and Government Witness

Rule

Memoir of a Borderline Personality

The Making Of The Hydrogen Bomb

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. *The Buddha and the Borderline* is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.