

Prozac Nation Young And Depressed In America A Memoir

A New York Times Book Review Favorite Read of 2016 “Despair is always described as dull,” writes Daphne Merkin, “when the truth is that despair has a light all its own, a lunar glow, the color of mottled silver.” This Close to Happy—Merkin’s rare, vividly personal account of what it feels like to suffer from clinical depression—captures this strange light. Daphne Merkin has been hospitalized three times: first, in grade school, for childhood depression; years later, after her daughter was born, for severe postpartum depression; and later still, after her mother died, for obsessive suicidal thinking. Recounting this series of hospitalizations, as well as her visits to myriad therapists and psychopharmacologists, Merkin fearlessly offers what the child psychiatrist Harold Koplewicz calls “the inside view of navigating a chronic psychiatric illness to a realistic outcome.” The arc of Merkin’s affliction is lifelong, beginning in a childhood largely bereft of love and stretching into the present, where Merkin lives a high-functioning life and her depression is manageable, if not “cured.” “The opposite of depression,” she writes with characteristic insight, “is not a state of unimaginable happiness. . . . but a state of relative all-right-ness.” In this dark yet vital memoir, Merkin describes not only the harrowing sorrow that she has known all her life, but also her early, redemptive love of reading and gradual emergence as a writer. Written with an acute understanding of the ways in which her condition has evolved as well as affected those around her, This Close to Happy is an utterly candid coming-to-terms with an illness that many share but few talk about, one that remains shrouded in stigma. In the words of the distinguished psychologist Carol Gilligan, “It brings a stunningly perceptive voice into the forefront of the conversation about depression, one that is both reassuring and revelatory.”

From Frida Kahlo and Elizabeth Taylor to Nora Ephron, Carrie Fisher, and Lena Dunham, this witty narrative explores what we can learn from the imperfect and extraordinary legacies of 29 iconic women who forged their own unique paths in the world. Smart, sassy, and unapologetically feminine, this elegantly illustrated book is an ode to the bold and charismatic women of modern history. Best-selling author Karen Karbo (The Gospel According to Coco Chanel) spotlights the spirited rule breakers who charted their way with little regard for expectations: Amelia Earhart, Helen Gurley Brown, Edie Sedgwick, Hillary Clinton, Amy Poehler, and Shonda Rhimes, among others. Their lives—imperfect, elegant, messy, glorious—provide inspiration and instruction for the new age of feminism we have entered. Karbo distills these lessons with wit and humor, examining the universal themes that connect us to each of these mesmerizing personalities today: success and style, love and authenticity, daring and courage. Being “difficult,” Karbo reveals, might not make life easier. But it can make it more fulfilling—whatever that means for you. In the Reader’s Guide included in the back of the book, Karbo asks thought-provoking questions about how we relate to each woman that will make for fascinating book club conversation. 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.

Fritz’s debut publication, Inner Warfare, is one of enlightening introspection and tenacious recovery. Told as a prose memoir, her descent into instability takes the reader on a journey only she can see. “Now my mind was a cage that I couldn’t escape, and I was trying to cut my soul out of my body in hopes of getting some air.”

Additional copies can also be found at thirtywestph.com

“Extraordinary. . . . Both therapist and patient will benefit hugely from reading this book.” —Deepak Chopra “Exactly what this over-medicated country needs right now.” —Christine Northrup, M.D., author of The Wisdom of Menopause Despite the billions spent on prescription anti-depressant drugs and psychotherapy, people everywhere continue to grapple with depression. James Gordon, one of the nation’s most respected psychiatrists, now offers a practical and effective way to get unstuck. Drawing on forty years of pioneering work, Unstuck is Gordon’s seven-stage program for relief through food and nutritional supplements; Chinese medicine; movement, exercise, and dance; psychotherapy, meditation, and guided imagery; and spiritual practice. The result is a remarkable guide that puts the power to change in the hands of those ready to say “no” to suffering and drugs and “yes” to hope and happiness.

This Close to Happy

Young and Depressed in America
A Secret Sadness
Or why Insanity is Not Subversive
Prozac Nation
Another Kind of Madness

'Prozac Nation' gives voice to the high incidence of depression amongst young people who are fully entrenched in the culture of divorce, economic instability and AIDS.

Examines the often hidden relationship factors that make women depressed, the secret sadness that can last a lifetime. Whiffen shows readers how interpersonal problems can contribute to depression and how working through these underlying issues can help women heal. A nationally bestselling book on the struggle of addiction and the power of Indigenous resilience. Helen Knott, a highly accomplished Indigenous woman, seems to have it all. But in her memoir, she offers a different perspective. In My Own Moccasins is an unflinching account of addiction, intergenerational trauma, and the wounds brought on by sexual violence. It is also the story of sisterhood, the power of ceremony, the love of family, and the possibility of redemption. With gripping moments of withdrawal, times of spiritual awareness, and historical insights going back to the signing of Treaty 8 by her great-great grandfather, Chief Bigfoot, her journey exposes the legacy of colonialism, while reclaiming her spirit. " In My Own Moccasins never flinches. The story goes dark, and then darker. We live in an era where Indigenous women routinely go missing, our youth are killed and disposed of like trash, and the road to justice doesn't seem to run through the rez. Knott's journey is familiar, filled with the fallout of residential school, racial injustice, alcoholism, drugs, and despair. But she skillfully draws us along and opens up her life, her family, and her communities to show us a way forward. It's the best kind of memoir: clear-eyed, generous, and glorious....Bear witness to the emergence of one of the most powerful voices of her generation." -- Eden Robinson, author of Son of a Trickster and Monkey Beach (from the foreword) "Helen Knott speaks truth to the experience of Indigenous women living through the violence of colonized spaces and she does so with grace, beauty and a ferocity that makes me feel so proud." -- Leanne Betasamosake Simpson , author of This Accident of Being Lost "Helen writes beautifully and painfully, about her own life and the lives of many of our sisters. A strong, gentle voice removing the colonial blanket and exposing truth." -- Maria Campbell , author of Halfbreed "An incredible debut that documents how trauma and addiction can be turned into healing and love. I am in awe of Helen Knott and her courage. I am a fan for life. Wow." -- Richard Van Camp , author of The Lesser Blessed "Heartfelt, heartbreaking, triumphant and raw, In My Own Moccasins is a must-read for anyone who's ever felt lost in their life... Actually, it's a must-read for anyone who appreciates stories of struggle, redemption and healing. Knott's writing is confident, clear, powerful and inspiring." -- Jowita Bydlowska , author of Guy: A Novel and Drunk Mom "Powerful, filled with emotion." -- Carol Daniels, author of Bearskin Diary and Hiraeth "A beautiful rendering of how recovery for our peoples is inevitably about reconnecting with Indigenous identities, lands, cultural and healing practices." -- Kim Anderson , author of Reconstructing Native Womenhood

Miss Wurtzel is back, and this time she's armed with advice for the modern woman. She's found the secret of life, and it's within everyone's reach. It's about enjoying your mistakes. It's about being strong. It's about eating dessert. It's about having opinions. It's about adoring feminism. It's about embracing fanaticism. It's also about saying your prayers, not overpacking, and making your boyfriend do the dishes. Some of her words of wisdom: - Think Productively: It's not that you have to see it to believe it; on the contrary, you have to believe it to see it. - Be Gorgeous: I myself believe that I am about ten times prettier than I actually am. By dint of sheer will power, I have managed to convince many people of this. - Enjoy Your Single Years: Do not think that the whole point of being single is being married; men don't think this way, and neither should you. In Radical Sanity, these lessons, and many more, are delivered with the sharp wit and candor we've come to expect -- and love -- from Elizabeth Wurtzel.

Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully sothere are thousands of people looking for advice on how to keeptheir symptoms under control. Anxiety & DepressionWorkbook For Dummies provides readers with practical exercisesand worksheets to help them analyse their thinking patterns andovercome the issues that are holding them back. The workbookformat is ideal for those wanting to track their progress and makepositive changes to both their mental and physical health. Anxiety & Depression Workbook For Dummies, UK Editioncovers: Part I: Recognising and Recording Anxiety andDepression Chapter 1: Spotting the Signs of Anxiety and Depression Chapter 2: Digging Up the Roots of Your Worries Chapter 3: Overcoming Obstacles to Change Chapter 4: Monitoring Your Moods Part II: Understanding Your Thinking: Cognitive Therapy Chapter 5: Viewing Things A Different Way Chapter 6: Challenging and Changing Thoughts Chapter 7: Seeing Clearly: Gaining A New Perspective Chapter 8: Maintaining Awareness and Achieving Acceptance Part III: Taking Action: Behaviour Therapy Chapter 9: Facing Feelings: Avoiding Avoidance Chapter 10: Lifting Your Spirits With Exercise Chapter 11: Taking Pleasure from Leisure Chapter 12: Just Do It! – Tackling Life's Problems Part IV: Feeling It Where It Hurts: Healing the Body Chapter 13: Taking the Relaxation Route Chapter 14: Making Your Mind Up About Medication Part V: Revitalising Relationships Chapter 15: Working on Relationships Chapter 16: Smoothing Out Conflict Part VI: Life Beyond Anxiety and Depression Chapter 17: Reducing the Risk of Relapse Chapter 18: Promoting The Positive Part VII: The Part of Tens Chapter 19: Ten Helpful Resources Chapter 20: Ten Terrific Tips

A Memoir of Resilience

An Atlas Of Depression

Bitc

The Riot Within

Commonsense Advice for Uncommon People

No One Asked for This

More, Now, Again

A spellbinding trip of a novel about three friend breaking apart in their quest to stave off boredom and sameness. It's not about the drugs. It's not about the girls or the fights or the fading streetlights. It's about two nights that weren't going to be different from the rest, but then took a turn. It's about trying to find out who you are and who your real friends are. It's about everything being the same, the same, the same. It's about nothing being the same again. It's about Brendon, Will, and Kevin -- three friends on different paths -- and the weekend that put them to the test.

A memoir of sex, drugs, and depression indicts an overmedicated America as it chronicles the fortunes of a Harvard educated child of divorce who lived in the fast lane as a music critic, always fighting her chronic depression

In his landmark bestseller Listening to Prozac, Peter Kramer revolutionized the way we think about antidepressants and the culture in which they are so widely used. Now Kramer offers a frank and unflinching look at the condition those medications treat: depression. Definitively refuting our notions of “heroic melancholy,” he walks readers through groundbreaking new research—studies that confirm depression’s status as a devastating disease and suggest pathways toward resilience. Thought-provoking and enlightening, Against Depression provides a bold revision of our understanding of mood disorder and promises hope to the millions who suffer from it.

From writer/director Cazzie David comes a series of comedic essays about anxiety, social media, generational malaise, and growing up in a famous family.

Based on the pioneering New York Times series, About Us collects the personal essays and reflections that have transformed the national conversation around disability. Boldly claiming a space in which people with disabilities can be seen and heard as they are—not as others perceive them—About Us captures the voices of a community that has for too long been stereotyped and misrepresented. Speaking not only to those with disabilities, but also to their families, coworkers and support networks, the authors in About Us offer intimate stories of how they navigate a world not built for them. Since its 2016 debut, the popular New York Times ‘ ‘ Disability ’ ’ column has transformed the national dialogue around disability. Now, echoing the refrain of the disability rights movement, “ Nothing about us without us, ” this landmark collection gathers the most powerful essays from the series that speak to the fullness of human experience—stories about first romance, childhood shame and isolation, segregation, professional ambition, child-bearing and parenting, aging and beyond. Reflecting on the fraught conversations around disability—from the friend who says “ I don ’ t think of you as disabled, ” to the father who scolds his child with attention differences, “ Stop it stop it stop it what is wrong with you? ” —the stories here reveal the range of responses, and the variety of consequences, to being labeled as “ disabled ” by the broader public. Here, a writer recounts her path through medical school as a wheelchair user—forging a unique bridge between patients with disabilities and their physicians. An acclaimed artist with spina bifida discusses her art practice as one that invites us to “ stretch ourselves toward a world where all bodies are exquisite. ” With these notes of triumph, these stories also offer honest portrayals of frustration over access to medical care, the burden of social stigma and the nearly constant need to self-advocate in the public realm. In its final sections, About Us turns to the questions of love, family and joy to show how it is possible to revel in life as a person with disabilities. Subverting the pervasive belief that disability results in relentless suffering and isolation, a quadriplegic writer reveals how she rediscovered intimacy without touch, and a mother with a chronic illness shares what her condition has taught her young children. With a foreword by Andrew Solomon and introductory comments by co-editors Peter Catapano and Rosemarie Garland-Thomson, About Us is a landmark publication of the disability movement for readers of all backgrounds, forms and abilities. Topics Include: Becoming Disabled • Mental Illness is not a Horror Show • Disability and the Right to Choose • Brain Injury and the Civil Right We Don ’ t Think • The Deaf Body in Public Space • The Everyday Anxiety of the Stutterer • I Use a Wheelchair. And Yes, I ’ m Your Doctor • A Symbol for “ Nobody ” That ’ s Really for Everybody • Flying While Blind • My \$1,000 Anxiety Attack • A Girlfriend of My Own • The Three-Legged Dog Who Carried Me • Passing My Disability On to My Children • I Have Diabetes. Am I to Blame? • Learning to Sing Again • A Disabled Life is a Life Worth Living

The True Story of Dying Ten Times to Live

Darkness Visible

Commonsense Advice for the Uncommon Woman

Young & Depressed in America : a Memoir

The No BS Guide for Men

My Journey from Rebellion to Redemption

A Reckoning with Depression

From New York Times bestselling author and blogger Heather B. Armstrong comes an honest and irreverent memoir—reminiscent of the New York Times bestseller Brain on Fire—about her experience as the third person ever to participate in an experimental treatment for depression involving ten rounds of a chemically induced coma approximating brain death. For years, Heather B. Armstrong has alluded to her struggle with depression on her website, dooce. It's scattered throughout her archive, where it weaves its way through posts about pop culture, music, and motherhood. In 2016, Heather found herself in the depths of a depression she just couldn't shake, an episode darker and longer than anything she had previously experienced. She had never felt so discouraged by the thought of waking up in the morning, and it threatened to destroy her life. For the sake of herself and her family, Heather decided to risk it all by participating in an experimental clinical trial. Now, for the first time, Heather recalls the torturous eighteen months of suicidal depression she endured and the month-long experimental study in which doctors used propofol anesthesia to quiet all brain activity for a full fifteen minutes before bringing her back from a flatline. Ten times. The experience wasn't easy. Not for Heather or her family. But a switch was flipped, and Heather hasn't experienced a single moment of suicidal depression since. “Breathtakingly honest” (Lisa Genova, New York Times bestselling author), self-deprecating, and scientifically fascinating, The Valedictorian of Being Dead brings to light a groundbreaking new treatment for depression. The Valedictorian of Being Dead was previously published with the subtitle “The True Story of Dying Ten Times to Live.”

Every story can change a life. Watch a video Growing up isn't easy. Many young people face daily tormenting and bullying, making them feel like they have nowhere to turn. This is especially true for LGBT kids and teens who often hide their sexuality for fear of bullying. Without other openly gay adults and mentors in their lives, they can't imagine what their future may hold. In many instances, gay and lesbian adolescents are taunted - even tortured - simply for being themselves. After a number of tragic suicides by LGBT students who were bullied in school, syndicated columnist and author Dan Savage uploaded a video to YouTube with his partner Terry Miller to inspire hope for LGBT youth facing harassment. Speaking openly about the bullying they suffered as teenagers, and how they both went on to lead rewarding adult lives, their video launched the It Gets Better Project YouTube channel and initiated a worldwide phenomenon. With over 6,000 videos posted and over 20 million views in the first three months alone, the world has embraced the opportunity to provide personal, honest and heartfelt support for LGBT youth everywhere. It Gets Better is a collection of expanded essays and new material from celebrities, everyday people and teens who have posted videos of encouragement, as well as new contributors who have yet to post videos to the site. While many of these teens couldn't see a positive future for themselves, we can. We can show LGBT youth the levels of happiness, potential and positivity their lives will reach if they can just get through their teen years. By sharing these stories, It Gets Better reminds teenagers in the LGBT community that they are not alone - and it WILL get better.

Elizabeth Wurtzel's New York Times best-selling memoir, with a new afterword "Sparkling, luminescent prose . . . A powerful portrait of one girl's journey through the purgatory of depression and back." —New York Times "A book that became a cultural touchstone." —New Yorker Elizabeth Wurtzel writes with her finger on the faint pulse of an overdiagnosed generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. Her famous memoir of her bouts with depression and skirmishes with drugs, Prozac Nation is a witty and sharp account of the psychopharmacology of an era for readers of Girl, Interrupted and Sylvia Plath's The Bell Jar.

Parallel to An Unquiet Mind and The Glass Castle, a deeply personal memoir calling for the destigmatization of mental illness

This volume is the author's take on the best-selling dating guide, The Rules. Chapter headings include Have Pets, When All Else Fails, Talk to God and Don't Clear the Table at a Dinner Party Unless the Men Get Up to Help Too.

A Memoir

The Hidden Relationship Patterns That Make Women Depressed

It Gets Better

Creatocracy

The Secret of Life

About Us: Essays from the Disability Series of the New York Times

Young and Depressed in America : a Memoir

I crush up my pills and snort them like lust dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, Prozac Nation, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressation medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. More, Now, Again is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her life. As honest as a confession and as heartfelt as a prayer, More, Now, Again recounts a courageous fight back to a life worth living.

From the author of the bestselling Prozac Nation comes one of the most entertaining feminist manifestos ever written. In five brilliant extended essays, she links the lives of women as demanding and disparate as Amy Fisher, Hillary Clinton, Margaux Hemingway, and Nicole Brown Simpson. Wurtzel gives voice to those women whose lives have been misunderstood, who have been dismissed for their beauty, their madness, their youth. Bitch is a brilliant tract on the history of manipulative female behavior. By looking at women who derive their power from their sexuality, Wurtzel offers a trenchant cultural critique of contemporary gender relations. Beginning with Delilah, the first woman to supposedly bring a great man down (latter-day Delilahs include Yoko Ono, Pam Smart, Bess Myerson), Wurtzel finds many biblical counterparts to the men and women in today's headlines. She finds in the story of Amy Fisher the tragic plight of all Lolitas, our thirst for their brief and intense flame. She connects Hemingway's tragic suicide to those of Sylvia Plath, Edie Sedgwick, and Marilyn Monroe, women whose beauty was an end, ultimately, in itself. Wurtzel, writing about the wife/mistress dichotomy, explains how some women are anointed as wife material, while others are relegated to the role of mistress. She takes to task the double standard imposed on women, the cultural insistence on goodness and society's complete obsession with badness: what's a girl to do? Let's face it, if women were any real threat to male power, "Gennifer Flowers would be sitting behind the desk of the Oval Office," writes Wurtzel, "and Bill Clinton would be a lounge singer in the Excelsior Hotel in Little Rock." Bitch tells a tale both celebratory and cautionary as Wurtzel catalogs some of the most infamous women in history, defending their outside desires, describing their exquisite loneliness, championing their take-no-prisoners approach to life and to love. Whether writing about Courtney Love, Sally Hemings, Bathsheba, Kimba Wood, Sharon Stone, Princess Di--or waxing eloquent on the hideous success of The Rules, the evil that is The Bridges of Madison County, the twisted logic of You'll Never Make Love in This Town Again--Wurtzel is back with a bitchography that cuts to the core. In prose both blistering and brilliant, Bitch is a treatise on the nature of desperate sexual manipulation and a triumph of pussy power.

The first book of its kind about what it's like to be a child with ADHD, Hyper is a "haunting narrative that explores the world's most scrutinized childhood condition from the inside out" (Nature) that also illuminates the history of how we came to medicate more than four million children today. Among the first generation of boys prescribed medication for ADHD in the 1980s, Timothy Denevi took Ritalin at the age of six and suffered a psychotic reaction. Thus began his long odyssey through a variety of treatments. In Hyper, Denevi describes how he made his way to adulthood, knowing he was a problem for those who loved him, longing to be able to be good and fit in, and finally realizing he had to come to grips with his disorder before his life spun out of control. Using these experiences as a springboard, Denevi also traces our understanding and treatment of ADHD from the nineteenth century, when bad parenting and even government conspiracies were blamed, through the twentieth century and drug treatments like Benzedrine, Ritalin, and antidepressants. His insightful history shows how drugs became the treatment of choice for ADHD, rather than individually crafted treatments like the one that saved his life. Thought provoking and deeply intelligent, this is a remarkable book both for its sensitive portrait of a child's experience as well as for its thorough exploration of a remarkably complex and controversial mental condition and its treatment. "There's much to be learned in Hyper, about pushing boundaries and respecting them, about parenting, and about the special kind of triumph that can come as a result of hard-earned self-knowledge. Denevi has written a book about a condition that has been studied for a long time, but, truly, it hasn't been talked about like this" (BookPage).

Depression has colonized the world. Today, more than 300 million of us have been diagnosed as depressed. But 150 years ago, "depression" referred to a mood, not a sickness. Does that mean people weren't sick before, only sad? Of course not. Mental illness is a complex thing, part biological, part social, its definition dependent on time and place. But in the mid--twentieth century, even as European empires were crumbling, new Western clinical models and treatments for mental health spread across the world. In so doing, "depression" began to displace older ideas like "melancholia," the Japanese "utsushy?," or the Punjabi "sinking heart" syndrome. Award-winning historian Jonathan Sadowsky tells this global story, chronicling the path-breaking work of psychiatrists and pharmacists, and the intimate sufferings of patients. Revealing the continuity of human distress across time and place, he shows us how different cultures have experienced intense mental anguish, and how they have tried to alleviate it. He reaches an unflinching conclusion: the devastating effects of depression are real. A number of treatments do reduce suffering, but a permanent cure remains elusive. Throughout the history of depression, there have been overzealous promoters of particular approaches, but history shows us that there is no single way to get better that works for everyone.

Like successful psychotherapy, history can liberate us from the negative patterns of the past.

"The defining characteristic of America is our fanaticism: We dream big, we think large, we create grandeur..." And we created Elizabeth Wurtzel: A celebrated writer who has lent her voice to depression, to women scorned, to addiction, and now to the Constitution of our great states. True to form, Wurtzel brings to life the dry document that framed our nation, homing in on one key feature--the Intellectual Property clause--which she credits for everything cool in our country, from Bruce Springsteen and rock 'n roll, to Jeff Koons and his stainless steel balloons, to Half & Half in our coffee. In Creatocracy, Elizabeth Wurtzel has masterfully written a crash-course in American history and the arts, wise and witty, full of humor and insight. This is pop patriotism in book form.

A Journey Through the Stigma and Hope of Mental Illness

Life Lessons From 29 Heroines Who Dared to Break the Rules

Autobiography of a Face

Radical Sanity

A Funny Book About Horrible Things

The Long Goodbye

Speaking of Sadness

In this celebrated memoir and exploration of identity, cancer transforms the author's face, childhood, and the rest of her life. At age nine, Lucy Grealy was diagnosed with a potentially terminal cancer. When she returned to school with a third of her jaw removed, she faced the cruel taunts of classmates. It took her twenty years of living with a distorted self-image and more than thirty years of reconstructive procedures before she could come to terms with her appearance. In this lyrical and strikingly candid memoir, Grealy tells her story of great suffering and remarkable strength without sentimentality and with considerable wit. She captures what it is like as a child and a young adult to be torn between two warring impulses: to feel that more than anything else we want to be loved for who we are, while wishing desperately and secretly to be perfect. A New York Times Notable Book "This is a young woman's first book, the story of her own life, and both book and life are unforgettable." --New York Times "Engaging and engrossing, a story of grace as well as cruelty, and a demonstration of [Grealy's] own wit and style and class."--Washington Post Book World

On a dark street, what began as a private moment between a citizen and the police became a national outrage. Rodney Glen King grew up in the Altadena Pasadena section of Los Angeles with four siblings, a loving mother, and an alcoholic father. Soon young Rodney followed in Dad's stumbling steps, beginning a lifetime of alcohol abuse. King had been drinking the night of March 3, 1991, when he engaged in a high-speed chase with the LAPD, who finally pulled him over. What happened next shocked the nation. A group of officers brutally beat King with their metal batons, Tasered and kicked him into submission--all caught on videotape by a nearby resident. The infamous Rodney King Incident was born when this first instance of citizen surveillance revealed a shocking moment of police brutality, a horrific scene that stunned and riveted the nation via the evening news. Racial tensions long smoldering in L.A. ignited into a firestorm thirteen months later when four white officers were acquitted by a mostly white jury. Los Angeles was engulfed in flames as people rioted in the streets. More than fifty people were dead, hundreds were hospitalized, and countless homes and businesses were destroyed. King's plaintive question, "Can we all just get along?" became a sincere but haunting plea for reconciliation that reflected the heartbreak and despair caused by America's racial discord in the early 1990s. While Rodney King is now an icon, he is by no means an angel. King has had run-ins with the law and continues a lifelong struggle with alcohol addiction. But King refuses to be bitter about the crippling emotional and physical damage that was inflicted upon him that night in 1991. While this nation has made strides during those twenty years to heal, so has Rodney King, and his inspiring story can teach us all lessons about forgiveness, redemption, and renewal, both as individuals and as a nation.

These Borchard may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, Beyond Blue, one of the most trafficked blogs on the site. BEYOND BLUE, the book, is part memoir/part self-help. It describes Borchard's experience of living with manic depression as well as providing cutting-edge research and information on dealing with mood disorders. By exposing her vulnerability, she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone. Comprised of four sections and twenty-one chapters, BEYOND BLUE covers a wide range of topics from codependency to addiction, poor body image to postpartum depression, from alternative medicine to psychopharmacology, managing anxiety to applying lessons from therapy. Because of her laser wit and Erma Bombeck sense of humor, every chapter is entertaining as well as serious.

The New York Times--bestselling memoir of crippling depression and the struggle for recovery by the Pulitzer Prize-winning author of Sophie's Choice. In the summer of 1985, William Styron became numbed by disaffection, apathy, and despair, unable to speak or walk while caught in the grip of advanced depression. His struggle with the disease culminated in a wave of obsession that nearly drove him to suicide, leading him to seek hospitalization before the dark tide engulfed him. Darkness Visible tells the story of Styron's recovery, laying bare the harrowing realities of clinical depression and chronicling his triumph over the disease that had claimed so many great writers before him. His final words are a call for hope to all who suffer from mental illness that it is possible to emerge from even the deepest abyss of despair and "once again behold the stars." This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

Antidepressant drugs and Depression, low self esteem, violence.

The Scar: A Personal History of Depression and Recovery

In Praise of Difficult Women

Against Depression

Pure Sunshine

A Personal History of ADHD

A New History

Hyper

Combining a scholar's care and thoroughness with searing personal insight, David A. Karp brings the private experience of depression into sharp relief, drawing on a remarkable series of intimate interviews with fifty depressed men and women. By turns poignant, disturbing, mordantly funny, and wise, Karp's interviews cause us to marvel at the courage of depressed people in dealing with extraordinary and debilitating pain. We hear what depression feels like, what it means to receive an "official" clinical diagnosis, and what depressed persons think of the battalion of mental health experts--doctors, nurses, social workers, sociologists, psychologists, and therapists--employed to help them. Ranging in age from their early twenties to their mid-sixties, the people Karp profiles reflect on their working lives, career aspirations, and intimate relationships, and confide strategies for overcoming paralyzing episodes of hopelessness. Throughout, Karp probes the myriad ways society contributes to widespread alienation and emotional exhaustion. In a new and extensive introduction since the original publication of Speaking of Sadness twenty years ago, Karp evaluates the state of and social movements for the depression experience. He traces his personal depression journey along with the reception of his readers since the book's original publication. In addition, he offers a clear perspective on the consequences of wholesale medicalization permeating cultural treatment of depression, and calls for a movement to listen to and to voice the experiences of the marginalized. Speaking of Sadness remains distinctive in its dedication to recounting stories and discovering clear patterns in them. Karp pierces through the terrifying isolation of depression to uncover the connections linking the depressed as they undertake their personal journeys through this very private hell. This book will bring new understanding to professionals seeking to see the world as their clients do, and provide vivid insights and renewed empathy to anyone who cares for someone living with the cruel unpredictability of depression.

"Anguished, beautifully written... The Long Goodbye is an elegiac depiction of drama as old as life." -- The New York Times Book Review From one of America's foremost young literary voices, a transcendent portrait of the unbearable anguish of grief and the enduring power of familial love. What does it mean to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. In the first anguished days, she began to create a record of her interior life as a mourner, trying to capture the paradox of grief--its monumental agony and microscopic intimacies--an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed and strengthened their bond. O'Rourke's story is one of a life gone off the rails, of how watching her mother's illness and separating from her husband-left her fundamentally altered. But it is also one of resilience, as she observes her family persevere even in the face of immeasurable loss. With lyricism and unswerving candor, The Long Goodbye conveys the fleeting moments of joy that make up a life, and the way memory can lead us out of the jagged darkness of loss. Effortlessly blending research and reflection, the personal and the universal, it is not only an exceptional memoir, but a necessary one.

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions - ones that offer real hope.

Though she might not always follow her own advice, Elizabeth Wurtzel knows certain things to be true: Doing copious amounts of drugs leads nowhere you want to be; trying to be friends with your ex is always a bad idea; if you can't afford to hire a mover, you can't afford to move; and always doing the best you can is always good enough. Here are Wurtzel's succinct and clever rules for living your best life. Fulfillment is within everyone's reach. Grasping it takes enjoying your mistakes, being strong, and having opinions. Today's woman should: • Be Gorgeous. Make the absolute most of what you've got. Believe that you are gorgeous, and you will be. It's the only trick that really works. • Embrace Fanaticism. Harness joie de vivre by pursuing insane interests, consuming passions, and constant sources of gratification that do not depend on the approval of others. • Use All Available Resources. Let the M.D.s and the Ph.D.s help you solve your problems so that you don't become everyone else's problem. • Never Clear the Table at a Dinner Party Unless the Men Get Up to Help First. Cleanup should not be gendered. Change the world, one dinner table at a time. Hold a sit-in. One of the fiercest, funniest, and best-known essayists of her generation, Elizabeth Wurtzel infuses this modest gem of a rule book with a sharp wit and a real candor.

"Jenny made me laugh so hard I feared for my safety! I think that's how she was able to get past my defenses and make me feel more okay about myself." -Allie Brosh, author of Hyperbole and a Half For fans of David Sedaris, Tina Fey, and Mindy Kaling-the new book from Jenny Lawson, author of the #1New York Times bestseller LET'S PRETEND THIS NEVER HAPPENED... In LET'S PRETEND THIS NEVER HAPPENED... Jenny Lawson baffled readers with stories about growing up the daughter of a taxidermist. In her new book, FURIOUSLY HAPPY, Jenny explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. And terrible ideas are what Jenny does best. According to Jenny: "Some people might think that being 'furiouly happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invite a herd of kangaroos into their house. Two is the limit. I speak from personal experience. My husband says thatnone is the new limit. I say he should have been clearer about that before I rented all those kangaroos." "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote inThe Breakfast Club, 'We're all pretty bizarre. Some of us are just better at hiding it.' Except go back and cross out the word 'hiding.'" Jenny's first book, LET'S PRETEND THIS NEVER HAPPENED, was ostensibly about family, but deep down it was about celebrating your own weirdness.FURIOUSLY HAPPY is a book about mental illness, but under the surface it's about embracing joy in fantastic and outrageous ways-and who doesn't need a bit more of that?

Surviving Depression & Anxiety and Making the Most of Bad Genes

Just Checking

How to Stop Feeling So Damn Depressed

A Memoir of Madness

The Empire of Depression

Inner Warfare

Common Sense Advice for an Uncommon Life

Prozac NationYoung and Depressed in AmericaHarperCollins

*Note to Self: When you feel f&*ed up: Stop. Breathe. Talk to someone. Tell them stuff. Stop being an asshole and thinking you're going to get through it alone. Problems are like broken pipes: they need a person to fix them. Oh, and clean your room, you filthy animal. Kevin Breel burst into the public's awareness when at 19 his TED talk became a worldwide phenomenon. Through the lens of his own near suicide, he shared his profoundly vulnerable story of being young, male and depressed in a culture that has no place for that. BOY MEETS DEPRESSION is a book that explores what it means to struggle and tells an honest, heartfelt story about how a meaningful life isn't found in perfection, it's found in our ability to heal and accept the dark parts of ourselves.*

In this work, the subversive madwoman first appropriated by feminist theorists and critics is re-evaluated. How, the author asks, can such a figure be subversive if she's effectively imprisoned, silent and unseen? Taking issue with a prominent strand of current feminist literary criticism, Caminero-Santangelo identifies a counternarrative in writing by women in the last half of the 20th century, one which rejects madness, even as a symbolic resolution.

A graceful and penetrating memoir interweaving the author's descent into depression with a medical and cultural history of this illness. At the age of twenty-seven, married, living in New York, and working in book design, Mary Cregan gives birth to her first child, a daughter she names Anna. But it's apparent that something is terribly wrong, and two days later, Anna dies--plunging Cregan into suicidal despair. Decades later, sustained by her work, a second marriage, and a son, Cregan reflects on this pivotal experience and attempts to make sense of it. She weaves together literature and research with details from her own ordeal--and the still visible scar of her suicide attempt--while also considering her life as part of the larger history of our understanding of depression. In fearless, candid prose, Cregan examines her psychotherapy alongside early treatments of melancholia, weighs the benefits of shock treatment against its terrifying pop culture depictions, explores the controversy around antidepressants and how little we know about them--even as she acknowledges that the medication saved her life--and sifts through the history of the hospital where her recovery began. Perceptive, intimate, and elegantly written, The Scar vividly depicts the pain and ongoing stigma of clinical depression, giving greater insight into its management and offering hope for those who are suffering.

In this no-nonsense guide for men, psychologist Jonas Horwitz presents straightforward, jargon-free strategies to help you identify and overcome depression, once and for all. The damned thing about severe depression is that it takes over your brain, body, and spirit. It wants you to say to yourself, "There is nothing I can do to make myself feel better. I am helpless in the face of my problems." Even at this very moment your severe depression is whispering in your ear, "This is all bulls@#." Your depression has lived with you for a long time, and has seldom left your side. It's relentlessly pessimistic, and wants you to believe that your misery will never end. These are the lies your depression is wanting you believe. With this unique guide, you'll learn why it's so important to take your severe depression seriously--just as you would if you had cancer, heart disease, diabetes, or any other life-threatening illness. In addition, by viewing your depression as a separate entity--The Beast--you'll discover how it tries to trick you when you are most stressed to do things that leave you feeling much more depressed. You'll also learn how changing your behavior can actually change your brain chemistry. And, most importantly, you'll find actionable solutions to put The Beast in its place so you can start feeling better now! In order to overcome your depression, you must understand its nature. This book will help you understand The Beast, stop feeding it, and take back your life.

Beyond Blue

Your Guide to the Seven-Stage Journey Out of Depression

A Memoir of Addiction

Furiously Happy

The Noonday Demon

Lost Connections

In My Own Moccasins

In a series of brief, moving vignettes, the author describes her daily life with Obsessive Compulsive Disorder with honesty and humor, reflecting on her colorful family and friends and her deep relationship with her husband. Reprint.

The Valedictorian of Being Dead

The Madwoman Can't Speak

Boy Meets Depression

Essays

Anxiety and Depression Workbook For Dummies

The Bitch Rules

Listening to Prozac