

## The Noonday Demon

"The compelling story of an acclaimed journalist and New York Times bestselling author's ongoing struggle with epilepsy--his torturous decision to keep his condition a secret to avoid discrimination, and his ensuing decades-long battle to not only survive, but to thrive. Written with brutal and affecting honesty, Kurt Eichenwald, who was diagnosed with epilepsy as a teenager, details the abuses he faced while incapacitated post-seizure, the discrimination he fought that almost cost him his education and employment, and the darkest moments when he contemplated suicide as the only solution to ending his physical and emotional pain. He recounts how medical incompetence would have killed him but for the heroic actions of a brilliant neurologist and the friendship of two young men who assumed part of the burden of his struggle. Ultimately, Eichenwald's is an inspirational tale, showing how a young man facing his own mortality on a daily basis could rise from the depths of despair to the heights of unimagined success"--

RELIGION & BELIEFS. A memoir that resurrects the ancient term acedia, or soul-weariness, and explores its relevance to the modern individual and culture.

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 a Pulitzer Prize and National Book Award finalist, a ferociously intimate story of a family facing the ultimate question: how far will we go to save the people we love the most? When Margaret's fiancée, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her. She decides to marry him. Imagine Me Gone is the unforgettable story of what unfolds from this act of love and faith. At the heart of it is their eldest son, Michael, a brilliant, anxious music fanatic who makes sense of the world through parody. Over the span of decades, his younger siblings -- the savvy and responsible Celia and the ambitious and tightly controlled Alec -- struggle along with their mother to care for Michael's increasingly troubled and precarious existence. Told in alternating points of view by all five members of the family, this searing, gut-wrenching, and yet frequently hilarious novel brings alive with remarkable depth and poignancy the love of a mother for her children, the often inescapable devotion siblings feel toward one another, and the legacy of a father's pain in the life of a family. With his striking emotional precision and lively, inventive language, Adam Haslett has given us something rare: a novel with the power to change how we see the most important people in our lives. "Haslett is one of the country's most talented writers, equipped with a sixth sense for characterization"-Wall Street Journal "Ambitious and stirring . . . With Imagine Me Gone , Haslett has reached another level."-New York Times Book Review Women Love Girth... the Fattest 100 Facts on the Noonday Demon The Irony Tower A True Story of Disease, Love, and Triumph A Marriage, Monks, and a Writer's Life Parents, Children and the Search for Identity The Anatomy of Melancholy Sustainable Action for Your Mental Health and the Planet

*It is vitally important for medical students and junior doctors to grasp an understanding of 'real-life medicine'. This innovative book of cases shows how a particular presentation may progress, and the different complications that may arise and emerge over time, which may be missed by the 'snapshot in time' approach taken by many problem-based volumes. The content reflects the average length of stay for a patient in hospital, in which their situation can change in a multitude of ways, and the management of chronic conditions may also need to be adapted as complications arise. Demonstrates the real bedside experiences that medical students can expect, in whichever simple or complex way that they may present Cases selected from a range of sub-specialities for comprehensive coverage across the curriculum Illustrates the complicated, progressive problems that will be seen while practicing as a doctor with detailed diagrams and diagnostic imagery to aid understanding Shows, with timepoints, how differential diagnoses may change as more information becomes available and new symptoms arise Describes a typical initial hospital stay, and subsequent presentations to the general practitioner and hospital readmission The Authors Andrew Solomon, BM BCH MA(Hons) DM FRCP, is a Consultant Physician, East and North Hertfordshire NHS Trust, Stevenage, UK. Julia Anstey, BSc (Hons) MBBS, is a Foundation Doctor, Somerset NHS Foundation Trust, Taunton, UK. Liora Wittner, MBBS BSc, is a Resident in Internal Medicine, Shamir Medical Centre, Be'er Ya'akov, Israel. With contributions from Priti Dutta, MBBS BSc FRCP, Consultant Radiologist, Royal Free London NHS Foundation Trust, London, UK.*

*The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies. This book examines depression in personal, cultural, and scientific terms. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations, around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. He takes readers on a journey into the most pervasive of family secrets and contributes to our understanding not only of mental illness but also of the human condition.*

*One of Today's Ten Best Inspirational Books, 2020 By the creator and host of the acclaimed mental health podcast Depresh Mode with John Moe "[A] path to deeper understanding and openness, by way of laughter in the dark" —The New York Times Book Review "Filled with heart, humor and hope." —People "A funny, honest book." —Neil Gaiman "Candid and funny and intimate." —Susan Orlean Foe John Moe, critically-acclaimed public radio personality and host of The Hilarious World of Depression podcast, struggled with depression; it plagued his family and claimed the life of his brother in 2007. As Moe came to terms with his own illness, he began to see similar patterns of behavior and coping mechanisms surfacing in conversations with others, including high-profile comedians who'd struggled with the disease. Moe saw that there was tremendous comfort and community in open dialogue about these shared experiences and that humor had a unique power. Thus was born the podcast The Hilarious World of Depression. Inspired by the immediate success of the podcast, Moe has written a remarkable investigation of the disease, part memoir of his own journey, part treasure trove of laugh-out-loud stories and insights drawn from years of interviews with some of the most brilliant minds facing similar challenges. Throughout the course of this powerful narrative, depression's universal themes come to light, among them, struggles with identity, lack of understanding of the symptoms, the challenges of work-life, self-medicating, the fallout of the disease in the lives of our loved ones, the tragedy of suicide, and the hereditary aspects of the disease. The Hilarious World of Depression illuminates depression in an entirely fresh and inspiring way.*

*"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of The Subtle Art of Not Giving a F\*ck Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of IQuitSugar.com, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of Cosmopolitan, she was the host of the first series of MasterChef Australia and is the author of the international bestsellers first, we make the beast beautiful, I Quit Sugar: Simplicious, I Quit Sugar and I Quit Sugar For Life. Her latest book is I Quit Sugar: Simplicious Flow. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In first, we make the beast beautiful, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of The Noonday Demon: An Anatomy of Depression*

*Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*

*The Conferences of John Cassian*

*Darkness Visible*

*Thomas Merton and the Noonday Demon*

*A New Story About Anxiety*

*The Hilarious World of Depression*

*Acedia & Me*

*The "extraordinary novel" (The New York Times Book Review) about one boy's coming-of-age during the 1950s—and one of the most groundbreaking portrayals of gay life in American fiction "The best American narrative of sexual awakening since Catcher in the Rye." —Chicago Sun-Times Ridiculed by his classmates and beset by aloof parents and a cruel sister, the unnamed narrator of Edmund White's first autobiographical novel finds solace in literature, works of art, and his own fantastic imagination. But as he strives to forge new friendships, his yearning to be loved by the men in his life evokes a crushing sense of shame and a struggle to accept who he is. Lyrical and poignant, A Boy's Own Story—the first of a trilogy, followed by The Beautiful Room Is Empty and The Farewell Symphony—is an American literary treasure that became an instant classic upon publication for its pioneering portrayal of homosexuality.*

*It's hard to watch the news, scroll through social media, or listen to the radio without hearing or seeing something disturbing about the climate emergency. This can trigger all sorts of emotions: worry, anger, sadness, guilt, and even grief but also often over-looked positive emotions like motivation, connection, care, and abundance that support mental health and climate action for sustainable longevity. Written by psychologists with extensive experience in treating people with eco-anxiety, this book shows you how to harness these emotions, validate them, and transform them into positive action. It enables you to assess and understand your psychological responses to the climate crisis and move away from unhealthy defence mechanisms, such as denial and avoidance. Ultimately, it shows that the solution to both climate anxiety and the climate crisis is the same - action that is sustainable for you and for the planet - and empowers you to take steps towards this.*

*How did Thomas Merton become Thomas Merton? Starting out from any one of his earlier major life moments--wealthy orphan boy, big man on campus, fervent Roman Catholic convert, new and obedient monk--we find ourselves asking how by his life's end he had grown from who he was then into a transcultural and transreligious spiritual teacher read by millions. This book takes another such starting point: his attempt in the mid-1950s to move from his abbey of Gethsemani, in Kentucky--a place that had become, in his view, noisy beyond bearing--to an Italian monastery, Camaldoli, which he idealized as a place of monastic peace. The ultimate irony: Camaldoli at that time, bucolic and peaceful outwardly, was inwardly riven by a pre-Vatican II culture war; whereas Gethsemani, which he tried so hard to leave, became, when he was given his hermitage there in 1965, his place to recover Eden. In walking with Merton on this journey, and reading the letters he wrote and received at the time, we find ourselves asking, as he did, with so much energy and honesty, the deep questions that we may well need to answer in our own lives.*

*The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20-plus years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.*

*A Boy's Own Story*

*Recognizing and Conquering the Deadly Sin of Sloth*

*Sightlines*

*A Memoir of Madness*

*Hello I Want to Die Please Fix Me*

*The Invention of Miracles*

*The Noonday Devil*

**“A fiercely imagined tale of love and loss, a story that manages to transform tragedy into comic redemption, sorrow into heroic survival.” —New York Times “[A] beguiling family saga....A captivating jigsaw puzzle of longing and loss whose pieces form an unforgettable image of contemporary Native American life.” —People A New York Times bestselling author, a Pulitzer Prize finalist, and winner of the National Book Critics Circle Award, Louise Erdrich is an acclaimed chronicler of life and love, mystery and magic within the Native American community. A hauntingly beautiful story of a mysterious woman who enters the lives of two families and changes them forever, Erdrich’s classic novel, The Antelope Wife, has enthralled readers for more than a decade with its powerful themes of fate and ancestry, tragedy and salvation. Now the acclaimed author of Shadow Tag and The Plague of Doves has radically revised this already masterful work, adding a new richness to the characters and story while bringing its major themes into sharper focus, as it ingeniously illuminates the effect of history on families and cultures, Ojibwe and white.**

**A full-scale investigation of the controversial and often misunderstood science of attachment theory, inspired by the author’s own experience as a parent and daughter. “A profound and beautiful work . . . searingly honest, brazenly fresh, and startlingly rich.”—Andrew Solomon, author of The Noonday Demon When professional researcher and writer Bethany Saltman gave birth to her daughter, Azalea, she loved her deeply but felt as if something was missing. Looking back at her lonely childhood, dangerous teenage years, and love-addicted early adulthood, Saltman thought maybe she was broken. Then she discovered the science of attachment, the field of psychology that explores the question of why—from an evolutionary point of view—love exists between parents and children. Saltman went on a ten-year journey visiting labs, archives, and training sessions, while learning the meaning of “delight” from Mary Ainsworth, one of psychology’s most important but unsung researchers, who died in 1999. Saltman went deep into the history and findings from Ainsworth’s famous laboratory procedure, the Strange Situation, which, like an X-ray, is still used today by scientists around the world to catch a glimpse of the internal workings of attachment. In this simple twenty-minute procedure, a baby and a caregiver enter an ordinary room with two chairs and some toys. During a series of comings and goings, a trained observer studies the minutiae of the pair’s back-and-forth with each other. Through the science of attachment, what Saltman discovered was a radical departure from everything she thought she knew—about love and about her own family, her story, and herself. She was far from broken—she saw that love is too powerful to ever break. Strange Situation is a scientific, lyrical, life-affirming exploration of love. Not only will readers be taken on an emotional ride through one mother’s reckoning with her own past and her family’s future, but they will also be given the tools with which to better understand their own life histories and their relationships today. Praise for Strange Situation “A fascinating deep dive into attachment theory . . . Carefully researched and with copious endnotes, this is an excellent resource for anyone interested in child development.”—Publishers Weekly “Honest and complex . . . A thoughtful engagement with a topic that affects all parents.”—Kirkus Reviews**

**A fascinating, “rich, and generous” (Financial Times) look at the treatment of depression by an award-winning science writer that blends popular science, narrative history, and memoir. Is depression a persistent low mood, or is it a range of symptoms? Can it be expressed through a single diagnosis, or does depression actually refer to a diversity of mental disorders? Is there, or will there ever be, a cure? In seeking the answers to these questions, Riley finds a rich history of ideas and treatments—and takes the reader on a gripping narrative journey, packed with fascinating stories like the junior doctor who discovered that some of the first antidepressants had a deadly reaction with cheese. “Interweaving memoir, case histories, and accounts of new therapies, Riley anatomizes what is still a fairly young science, and a troubled one” (The New Yorker). Reporting on the field of global mental health from its colonial past to the present day, Riley highlights a range of scalable therapies, including how a group of grandmothers stands on the frontline of a mental health revolution. Hopeful, fascinating, and profound, A Cure for Darkness is “recommended reading for anyone with even a peripheral interest in depression” (Washington Examiner).**

**In one way or another, we all carry trauma. It can manifest as anxiety, shame, low self-esteem, over-eating, under-eating, addiction, confusion, people-pleasing, under-earning, low mood, negative thinking, social anxiety, anger, brain fog and more. Traumas, big or 'little', leave us trapped in cycles of dysfunctional behaviours, negative thoughts and difficult feelings. Yet many people are unaware they're stuck in old reactions and patterns that stem from their past traumas. Many of us are wary of the word and push it away instead of moving towards it and learning how to break free. Dr Sarah Woodhouse is a Research Psychologist who specialises in trauma and is passionate about helping people face this word and their past. In You’re Not Broken she teaches you what a trauma is (it’s probably not what you think), and how to recognise when, why and how your past is holding you back. She gently explains the pitfalls of ignoring awkward, upsetting episodes and how true freedom comes from looking back at your past with honesty. Then, sharing the latest research-based techniques and her own personal experience, she guides you towards breaking the trauma loop, reawakening your true self and reclaiming your future.**

**Monkey Mind**

**Clinical Cases**

**The Story of Depression and How We Treat It**

### Bipolar Me Unfinished Dreams Unholy Ghost A Novel

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.

Finalist for the PEN/Jacqueline Bograd Weld Award for Biography Finalist for the Mark Lynton History Prize “Meticulously researched, crackling with insights, and rich in novelistic detail” (Steve Silberman), this “provocative, sensitive, beautifully written biography” (Sylvia Nasar) tells the true—and troubling—story of Alexander Graham Bell’s quest to end deafness. “Researched and written through the Deaf perspective, this marvelously engaging history will have us rethinking the invention of the telephone.” —Jaipreet Virdi, PhD, author of Hearing Happiness: Deafness Cures in History We think of Alexander Graham Bell as the inventor of the telephone, but that’s not how he saw his own career. As the son of a deaf woman and, later, husband to another, his goal in life from adolescence was to teach deaf students to speak. Even his tinkering sprang from his teaching work; the telephone had its origins as a speech reading machine. The Invention of Miracles takes a “stirring” (The New York Times Book Review), “provocative” (The Boston Globe), “scrupulously researched” (Pittsburgh Post-Gazette) new look at an American icon, revealing the astonishing true genesis of the telephone and its connection to another, far more disturbing legacy of Bell’s: his efforts to suppress American Sign Language. Weaving together a dazzling tale of innovation with a moving love story, the book offers a heartbreaking account of how a champion can become an adversary and an enthralling depiction of the deaf community’s fight to reclaim a once-forbidden language. Katie Booth has been researching this story for more than fifteen years, poring over Bell’s papers, Library of Congress archives, and the records of deaf schools around America. But she’s also lived with this story for her entire life. Witnessing the damaging impact of Bell’s legacy on her family would set her on a path that overturned everything she thought she knew about language, power, deafness, and the telephone.

A riveting, revelatory, and moving account of the author’s struggles with anxiety, and of the history of efforts by scientists, philosophers, and writers to understand the condition As recently as thirty-five years ago, anxiety did not exist as a diagnostic category. Today, it is the most common form of officially classified mental illness. Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often misunderstood. Drawing on his own long-standing battle with anxiety, Stossel presents an astonishing history, at once intimate and authoritative, of the efforts to understand the condition from medical, cultural, philosophical, and experiential perspectives. He ranges from the earliest medical reports of Galen and Hippocrates, through later observations by Robert Burton and Søren Kierkegaard, to the investigations by great nineteenth-century scientists, such as Charles Darwin, William James, and Sigmund Freud, as they began to explore its sources and causes, to the latest research by neuroscientists and geneticists. Stossel reports on famous individuals who struggled with anxiety, as well as on the afflicted generations of his own family. His portrait of anxiety reveals not only the emotion’s myriad manifestations and the anguish anxiety produces but also the countless psychotherapies, medications, and other (often outlandish) treatments that have been developed to counteract it. Stossel vividly depicts anxiety’s human toll—its crippling impact, its devastating power to paralyze—while at the same time exploring how those who suffer from it find ways to manage and control it. My Age of Anxiety is learned and empathetic, humorous and inspirational, offering the reader great insight into the biological, cultural, and environmental factors that contribute to the affliction.

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.

A Reckoning with Depression

first, we make the beast beautiful

You're Not Broken

A Memoir of Anxiety

A Novel of Olga Romanov, Imperial Russia, and Revolution

Far From the Tree

The Antelope Wife

*Acadie is a country which exists in the imagination and words of its people. Its literature is young; its poetry has emerged from sheer experimentation with language -- both in its form and its content. But the poetry of Acadie is more than experimentation: it is also a political expression, an insistence on the very existence of an imaginative country. For this anthology -- the first ever to be published in English -- Fred Cogswell and Jo-Anne Elder have selected poems by Herménégilde Chiasson, Anne Cloutier, France Daigle, Ronald Després, Gérald LeBlanc, Raymond Guy Leblanc, Dyane Léger, Roméo Savoie and more than twenty other poets to put together a collection of the most contemporary of Acadian poetry.*

*Unholy Ghost is a unique collection of essays about depression that, in the spirit of William Styron's Darkness Visible, finds vivid expression for an elusive illness suffered by more than one in five Americans today. Unlike any other memoir of depression, however, Unholy Ghost includes many voices and depicts the most complete portrait of the illness. Lauren Slater eloquently describes her own perilous experience as a pregnant woman on antidepressant medication. Susanna Kaysen, writing for the first time about depression since Girl, Interrupted, criticizes herself and others for making too much of the illness. Larry McMurtry recounts the despair that descended after his quadruple bypass surgery. Meri Danquah describes the challenges of racism and depression. Ann Beattie sees melancholy as a consequence of her writing life. And Donald Hall lovingly remembers the "moody seesaw" of his relationship with his wife, Jane Kenyon. The collection also includes an illuminating series of companion pieces. Russell Banks's and Chase Twichell's essays represent husband-and-wife perspectives on depression; Rose Styron's contribution about her husband's struggle with melancholy is paired with an excerpt from William Styron's Darkness Visible; and the book's editor, Nell Casey, juxtaposes her own essay about seeing her sister through her depression with Maud Casey's account of this experience. These companion pieces portray the complicated bond -- a constant grasp for mutual understandingforged by depressives and their family members. With an introduction by Kay Redfield Jamison, Unholy Ghost allows the bewildering experience of depression to be adequately and beautifully rendered. The twenty-two stories that make up this book will offer solace and enlightenment to all readers. In these elegant and thoughtful essays, Dr.Blackwell takes us on a spiritual journey through the Bible.*

*A fascinating look at the key components of romantic love--sex, idealization, aggression, self-pity, guilt, and commitment--argues that romance does not diminish in a long-term relationship, describes the barriers to lasting love, and offers helpful advice on how to promote an enduring love by eliminating self-destructive efforts to protect oneself from its risks. Reprint. 15,000 first printing.*

*This Close to Happy*

*Break free from trauma and reclaim your life*

*A Cure for Darkness*

*A Mind Unraveled*

*The Camaldoli Correspondence*

*A Step-by-Step Approach*

*The Upward Spiral*

The noonday devil is the demon of acedia, the vice also known as sloth. The word “ sloth ” , however, can be misleading, for acedia is not laziness; in fact it can manifest as busyness or activism. Rather, acedia is a gloomy combination of weariness, sadness, and a lack of purposefulness. It robs a person of his capacity for joy and leaves him feeling empty, or void of meaning Abbot Nault says that acedia is the most oppressive of demons. Although its name harkens back to antiquity and the Middle Ages, and seems to have been largely forgotten, acedia is experienced by countless modern people who describe their condition as depression, melancholy, burn-out, or even mid-life crisis. He begins his study of acedia by tracing the wisdom of the Church on the subject from the Desert Fathers to Saint Thomas Aquinas. He shows how acedia afflicts persons in all states of life— priests, religious, and married or single laymen. He details not only the symptoms and effects of acedia, but also remedies for it.

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.

The Noonday DemonAn Atlas Of DepressionSimon and Schuster

Janet Coburn draws on the posts from her award-winning blog, Bipolar Me, to illuminate the life of persons who live with bipolar disorder. As a woman living with bipolar 2 disorder, the author has direct experience of the subjects she covers and opens her life to readers. With chapters covering symptoms, treatments, the ups and downs of everyday life, and more, the author provides both valuable information and personal stories of struggles with mental illness. She wants people to know that help, healing, and a rich, rewarding life are possible.This book is recommended for anyone who is interested in or has bipolar disorder, and for people who are family, friends, or loved ones of someone who lives with the condition.

The Noonday Demon

Turn the Tide on Climate Anxiety

My Age of Anxiety

Depression in the First Person

Strange Situation

Understanding Depression

Kathleen Norris's masterpiece: a personal and moving memoir that resurrects the ancient term acedia, or soul-weariness, and brilliantly explores its relevancy to the modern individual and culture. “Powerful and haunting . . . an intimate and unforgettable tale that transports the reader to the heart of Imperial Russia.” —Chanel Cleeton, New York Times bestselling author of The Most Beautiful Girl in Cuba This sweeping novel takes readers behind palace walls to see the end of Imperial Russia through the eyes of Olga Nikolaevna Romanov, the first daughter of the last tsar Grand Duchess Olga Romanov comes of age amid a shifting tide for the great dynasties of Europe. But even as unrest simmers in the capital, Olga is content to live within the confines of the sheltered life her parents have built for her and her three sisters: hiding from the world on account of their mother’s ill health, their brother Alexei’s secret affliction, and rising controversy over Father Grigori Rasputin, the priest on whom the tsarina has come to rely. Olga’s only escape from the seclusion of Alexander Palace comes from the grand tea parties her aunt hosts amid the shadow court of Saint Petersburg—a world of opulent ballrooms, scandalous flirtation, and whispered conversation. But as war approaches, the palaces of Russia are transformed. Olga and her sisters trade their gowns for nursing habits, assisting in surgeries and tending to the wounded bodies and minds of Russia’s military officers. As troubling rumors about her parents trickle in from the front, Olga dares to hope that a budding romance might survive whatever the future may hold. But when tensions run high and supplies run low, the controversy over Rasputin grows into fiery protest, and calls for revolution threaten to end three hundred years of Romanov rule. At turns glittering and harrowing, The Last Grand Duchess is a story about dynasty, duty, and love, but above all, it’s the story of a family who would choose devotion to each other over everything—including their lives.

A powerful personal account of outer exploration and inner discovery.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Noonday Demon: An Atlas of Depression." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all. Language, Power, and Alexander Graham Bell's Quest to End Deafness Can Love Last?: The Fate of Romance Over Time The Last Grand Duchess Who Rocks the Cradle A Mother's Journey into the Science of Attachment Fear, Hope, Dread, and the Search for Peace of Mind What We Know and What You Can Do About It In this stirring volume R. R. Reno a thoughtful, literate writer with a zest for physical and theological adventure looks back on his time working in the oil fields of Wyoming, his quests to the heights of Yosemite and the ice cliffs of the French Alps, his daughter s bat mitzvah, and more, rendering seven diverse fragments of life in energetic prose. Fighting the Noonday Devil resounds with Reno s depth of feeling and regard for the tangible things of life. Through these narratives, vignettes, and reflections he shows that it is the real-life manifestations of love and loyalty far beyond intellectual abstractions or theories that train us for true piety. Whether defending Jack Kerouac, describing work on a drilling rig, or narrating his reception into the Roman Catholic Church, Rusty Reno brings a writer s eye and a theologian s heart to the essayist s labors. Many rewards await the reader of this book. Alan Jacobs author of Wayfaring and The Narnian R. R. Reno s essays are intellectually stimulating, and some even possess cinematic possibilities. I find their Augustinian ethos deeply appealing in their consistent combination of wisdom and eloquence. David K. Naugle author of Reordered Love, Reordered Lives: Learning the Deep Meaning of Happiness In this smart and sparkling collection R. R. Reno applies his consummate literary skills to subjects as diverse as acedia, mountain climbing, religious conversion, Jack Kerouac, and interfaith marriage, uniting them under a single glorious banner, that of reclaiming the essential function of culture, the cultivation of the soul. A bravura performance. Philip Zaleski coauthor of Prayer: A History Fighting the Noonday Devil is the work of a pious intellect in all the best senses of the term. . . . Reno reads his life in parables in a way that provokes us to see our own lives anew. In him we find a voice and style in the best tradition of Newman incisive, affecting, wise, inviting. I was captivated by this book. James K. A. Smith author of The Devil Reads Derrida and Other Essays on the University, the Church, Politics, and the Arts Describes how glasnost has improved the fortunes of formerly obscure, Soviet avant-garde artists, and changed Russian life in general The eye-opening and engrossing story of one woman's battle with suicidal depression—and her firsthand investigative journey to document the obstacles three hundred million people with depression face every day around the world

The National Book Award-winning author of The Noonday Demon explores the consequences of extreme personal differences between parents and children, describing his own experiences as a gay child of straight parents while evaluating the circumstances of people affected by physical, developmental or cultural factors that divide families. 150,000 first printing.

Soviet Artists in a Time of Glasnost

Fighting the Noonday Devil - and Other Essays Personal and Theological

Imagine Me Gone

What It Is, with All the Kinds, Causes, Symptoms, Prognostics and Several Cures of it

Acedia, the Unnamed Evil of Our Times

What Therapy Doesn't Teach You and Medication Can't Give You

Writers on Depression

THE obligation, which was promised to the blessed Pope Castor in the preface to those volumes which with God's help I composed in twelve books on the Institutes of the Coenobia, and the remedies for the eight principal faults, has now been, as far as my feeble ability permitted, satisfied. I should certainly like to see what was the opinion fairly arrived at on this work both by his judgment and yours, whether, on a matter so profound and so lofty, and one which has never yet been made the subject of a treatise, we have produced anything worthy of your notice, and of the eager desire of all the holy brethren. But now as the aforesaid Bishop has left us and departed to Christ, meanwhile these ten

Conferences of the grandest of the Fathers, viz., the Anchorites who dwelt in the desert of Scete, which he, fired with an incomparable desire for saintliness, had bidden me write for him in the same style (not considering in the greatness of his affection, what a burden he placed on shoulders too weak to bear it)--these Conferences I have thought good to dedicate to you in particular, O blessed Pope, Leontius, and holy brother Helladius. Aeterna Press

Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as you literally reshape your brain, one small change at a time.

The View of a Valley Through the Voice of Depression

An Atlas of Depression

A Modern Woman's Struggle with Soulweariness

Undoing Depression

An Atlas Of Depression

Contemporary Poetry of Acadie