

## Depressive Illness The Curse Of The Strong The Curse Of The Strong 3rd Edition Volume 3 Overcoming Common Problems

'Debi Gliori is amazing. Her pictures offer people an insight into depression that words often struggle to reach. She makes visible the invisible. And I for one want to thank her for that.' - Matt Haig, bestselling author of *Reasons to Stay Alive* A groundbreaking picture book on depression with stunning illustrations. With stunning black and white illustration and deceptively simple text, author and illustrator Debi Gliori examines how depression affects one's whole outlook upon life, and shows that there can be an escape - it may not be easy to find, but it is there. Drawn from Debi's own experiences and with a moving testimony at the end of the book explaining how depression has affected her and how she continues to cope, Debi hopes that by sharing her own experience she can help others who suffer from depression, and to find that subtle shift that will show the way out. 'I have used dragons to represent depression. This is partly because of their legendary ability to turn a once fertile realm into a blackened, smoking ruin and partly because popular mythology shows them as monstrous opponents with a tendency to pick fights with smaller creatures. I'm not particularly brave or resourceful, and after so many years battling my beasts, I have to admit to a certain weariness, but I will arm-wrestle dragons for eternity if it means that I can help anyone going through a similar struggle.'

Depressive Illness The Curse of the Strong Sheldon Press

"Out of the Woods is a graphic memoir to help people understand and overcome depression and anxiety. Although the format is an autobiographical comic, it is primarily an educational self-help book, using the author's own life story"--Publisher information.

As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom—with the scariest creatures lurking within her tortured mind. *Shadows in the Sun* traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness—how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing.

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

"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 #1 New 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 'furiously 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 that none 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 in *The 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?

Named a Debut Book to Look Forward to This Summer by *Bustle* "Audaciously human and raw. *The Way She Feels* is a rainbow during the rain." —Mara Altman A witty and one-of-a-kind debut graphic memoir detailing and drawing the life of a girl with borderline personality disorder finding her way—and herself—one day at a time. What does it feel like to fall in love too hard and too fast, to hate yourself in equal and opposite measure? To live in such fear of rejection that you drive friends and lovers away? Welcome to my world. I'm Courtney, and I have borderline personality disorder (BPD), along with over four million other people in the United States. Though I've shown every classic symptom of the disorder since childhood, I wasn't properly diagnosed until nearly a decade later, because the prevailing theory is that most people simply "grow out of it." Not me. In my illustrated memoir, *The Way She Feels: My Life on the Borderline in Pictures and Pieces*, I share what it's been like to live and love with this disorder. Not just the hospitalizations, treatments, and residential therapy, but the moments I found comfort in cereal, the color pink, or mini corndogs; the days I couldn't style my hair because I thought the blow-dryer was going to hurt me; the peace I found when someone I love held me. This is a book about vulnerability, honesty, acceptance, and how to speak openly—not only with doctors, co-patients, friends, family, or partners, but also with ourselves.

'People affected by depression tell me this is the most powerful and helpful book ever written on the topic. I keep meeting people who say this book changed their lives.' - Jeremy Vine, BBC Radio 2 Do you have depression? Firstly, stop blaming yourself. Secondly, don't struggle on alone - read this book instead. It has helped thousands of people just like you. Dr Tim Cantopher knows two essential truths about depression and depressive illness. One: it's strong people who

are most vulnerable to it; people whose standards are high, whose ethics are powerful, who want their lives to be meaningful. Strong people, like you. Two: depression is a physical illness, and this book explains just that. Depressive Illness will explain all the above in detail, and more importantly, give you effective ways to get well and stay well. It covers symptoms, what to do when you get ill, medication, recovery, lifestyle changes, psychotherapy and problem-solving skills, including mindfulness. Most of all, take heart - people recover from depressive illness and remain mentally well, and you can, too.

Spiritual Depression is one of the great classics of the modern Church and tackles the big question: If Christianity is such "good news" why are its followers often unhappy? Dr. Martyn Lloyd-Jones was possibly the greatest Christian preacher and teacher of the twentieth century. A medical doctor by training, Spiritual Depression draws together his professional understanding of the mind with a profound understanding of Christian teaching and the Bible. Spiritual Depression diagnoses the causes of the ill feeling that many Christians experience. It prescribes the practical care that is needed to lift people's spirits and bring them freedom, power and joy. Spiritual health is possible and this book explains how everyone can grasp it for themselves.

'A tour de force . . . an important, affecting and effective book' ALASTAIR CAMPBELL '[A] gorgeous and urgent book' STEVEN PINKER 'MENDING THE MIND reminds us that, despite our hazy understanding of depression, and despite the true horror of the illness, some hope for recovery remains' THE TIMES Sadness is an inevitable part of life, but for most people it will usually alternate or coexist with happy times. Clinical depression, on the other hand, is a mental disorder that causes torment and anguish. It has no moments of relief. It unhinges us from everything we thought we knew about the world and makes us strangers to those we love. It is the predominant mental-health problem worldwide, affecting more than 250 million people. More than a fifth of the population of the UK report symptoms of depression or anxiety. Yet how much do we really know of the condition and of ways to treat it? In MENDING THE MIND, Oliver Kamm recounts what it's like to be mentally ill with severe depression, and he details the route by which, with professional help, he was able to make a full recovery. His experience prompted him to find out all he could about a condition that has afflicted humanity throughout recorded history. He explains the progress of science in understanding depression, and the insights into the condition that have been provided by writers and artists through the ages. His message is hopeful: though depression is a real and devastating illness, the mind and its disorders are yielding to scientific inquiry, and effective psychological, psychiatric and pharmacological treatments are already available. Candid, revelatory and deeply versed in current scientific research, MENDING THE MIND sets out in plain language how the scourge of clinical depression can be countered and may eventually be overcome.

'Compelling and wise and rational.' - Jon Ronson One in four of us experience a mental health problem each year, with anxiety and depression alone affecting over 500 million people worldwide. Why are these conditions so widespread? What is it about modern life that has such an impact on our mental health? And why is there still so much confusion and stigma around these issues? In Psycho-Logical, neuroscientist and bestselling author Dean Burnett answers these questions and more, revealing what is actually going on in our brains when we suffer mental health issues such as anxiety, depression and addiction. Combining illuminating scientific research with first-hand insights from people who deal with mental health problems on a daily basis, this is an honest, entertaining and reassuring account of how and why these issues occur, and how to make sense of them.

Nothing provided

FAILURE IS YOUR FRIEND, YOUR TEACHER, YOUR PASSPORT TO SUCCESS - LIFE LESSONS FROM ONE OF THE UK'S MOST ESTEEMED PSYCHIATRISTS Dr Tim Cantopher spent four decades helping people get better - get better psychologically, emotionally, mentally. He has guided hundreds of men and women through anxiety, depression, addiction and other mental health issues. In The Power of Failure, he will share with you some of the most powerful lessons learned from his life in the psychiatrist's chair, with the aim of helping you get more joy from your life, to become more resilient and to achieve more by no longer fearing failure. Navigating the pitfalls of vulnerability and perfectionism, Dr Cantopher will show you how optimism and resilience can change the outcome of challenging events, and how to find lasting happiness that won't be derailed by negative emotions such as shame or fear. As an expert on toxic and dysfunctional relationships, he will give strategies for surviving narcissistic or destructive behaviours in your family or friends, and explain the benefits of kindness, consistency, persistence and pacing. Bringing together a lifetime's work in psychiatry with unparalleled expertise and clinical insight, this new book from the bestselling author of Depressive Illness: The Curse of the Strong has the power to change your life in the same way that Dr Cantopher has changed the lives of the many hundreds of people who have sought his help over the years.

Twenty to thirty million Americans suffer from some form of diagnosable depression, and their ranks are growing. Psychologist Michael D. Yapko explains that in order to find relief, more than the current episode of depression must be examined. In Breaking the Patterns of Depression, he presents skills that enable readers to understand and ultimately avert depression's recurring cycles. Focusing on future prevention as well as initial treatment, the book includes over one hundred structured activities to help sufferers learn the skills necessary to become and remain depression-free. Breaking the Patterns of Depression begins by translating the clinical literature on psychotherapy and antidepressant medication into language that can be used to enhance an understanding of depression, and to personalize individual cures. Yapko uses a conversational, anecdotal tone that encourages readers to take an active approach to helping themselves. Special sections entitled "Learn by Doing" and "Shifting Perspectives" help develop the skills necessary to manage difficult experiences. Readers learn how to solve problems effectively, anticipate the likely consequences of their actions, think and act in a direct, goal-oriented fashion, balance different areas of their lives, and use self-knowledge to stay out of harmful situations. More realistic and helpful than other depression-management books on the market, Breaking the Patterns of Depression defines what causes depression and, best of all, clarifies what can be done about it. With this knowledge in hand, readers can control their depression, rather than having depression control them.

The New York Times bestseller "A glistening psychological history, faceted largely by the biographies of eight famous leaders . . ." —The Boston Globe "A provocative thesis . . . Ghaemi's book deserves high marks for original thinking." —The Washington Post "Provocative, fascinating." —Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In A First-Rate Madness, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lackluster leadership of exceedingly sane men as Neville Chamberlain, A First-Rate Madness overturns many of our most cherished perceptions about greatness and the mind.

Three out of four adults will feel overwhelmed by stress at some point in their lives. Although stress is a very subjective condition - some people thrive on a certain amount of it - one thing is certain: too much stress, if you feel unable to cope with it, can make you ill. Dr Tim Cantopher has diagnosed and helped hundreds of people with stress-related illnesses. He will help you to understand the causes of your stress (past and present), and to recognise the people who may be making it worse. This book offers treatments and strategies to manage the stress-related illnesses you may be suffering - whether physical or psychological - and gives you advice on getting, and staying, well. Written in the author's trademark style, blending simple but astonishingly astute insight with straightforward but astonishingly effective strategies, this book will put you back on the path to wellness as you embrace a gentler, kinder life.

The evidence that long-term anxiety causes a whole host of health problems is incontrovertible, as is the fact that it exacerbates existing problems, such as pain. The causal link between anxiety and heart disease, strokes, bowel diseases, inflammatory conditions and some cancers is well established. Reducing our anxiety would improve our long-term health as clearly as exercise and good diet. It would also allow us to perform better in whatever we are doing. The good news is that we can do something fairly quickly about stress and anxiety. This book examines characteristic thinking patterns in anxiety such as predictions, catastrophic thinking and assumptions, and looks at ways to accept and change the processes of anxiety. Topics include: Triggers of anxiety and panic Anxiety threshold - how much can we take? Free-floating anxiety Traumatic anxiety (PTSD) Performance anxiety Fears and phobias ie flying, claustrophobia Physical causes including hormonal (post-partum and menopause) What is a 'nervous breakdown'? When to see the doctor Treatments - talking therapies, medication Getting better, staying well

No further information has been provided for this title.

Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers. Shortly before her thirtieth birthday, Forney was diagnosed with bipolar disorder. Flagrantly manic and terrified that medications would cause her to lose creativity, she began a years-long struggle to find mental stability while retaining her passions and creativity. Searching to make sense of the popular concept of the crazy artist, she finds inspiration from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O’Keeffe, William Styron, and Sylvia Plath. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of various treatments and medications, and what studies tell us about the conundrum of attempting to “cure” an otherwise brilliant mind. Darkly funny and intensely personal, Forney’s memoir provides a visceral glimpse into the effects of a mood disorder on an artist’s work, as she shares her own story through bold black-and-white images and evocative prose.

What happens when your world falls apart? How do you start again? By all markers, Richard's life was a success: he was happily married, a great father, and lived a fulfilling life, professionally and personally. But the pressures of a highflying legal career, his increasing social commitments, and family illness all took their toll. Richard pulls no punches in describing his breakdown and the crushing social anxiety that left him scared to even answer the front door. As his life crumbled around him, Richard fought hard to get to grips with the mental illness taking over his life. This is his inspirational story...

Invisible Driving is a memoir of Manic Depression that takes readers inside the terrors, thrills, and triumphs of coming to terms with this debilitating and misunderstood mental illness. The manic narrator's voice vividly recreates the feelings and sensations of mania, offering an unprecedented look at this fascinating and bizarre state of being. While behavior and thought illuminate the condition of mania, it is the protagonist's language itself that most viscerally conveys what it feels like to be trapped inside a manic 'high.' The voice of the recovered narrator provides context, reliability, and credibility. Where the manic narrator is relentlessly entertaining and delusional, the recovered narrator is tough minded, concise, and determined to reveal the truth, no matter how painful. With a cold eye he examines the forces that shaped him in order to shed light on the psychological architecture driving the episode. The interplay between these two perspectives underscores the bipolar nature of Manic Depression; the greatest personal challenge is reconciling them. Ultimately, the narrator must confront his own worst nightmare and in doing so gain character, insight, and acceptance.

'A brilliant book about how we identify the often-charming people who only spread misery.' Jeremy Vine, BBC Radio 2

BMA MEDICAL AWARDS 2020: HIGHLY COMMENDED Some people are so stressful, they can actually make us ill.

Gameplayers, bullies, users and abusers - all pose a risk to our health and welfare if we don't take action. This book presents the tools we need to deal with the toxic people in our lives who drain our energy. It explains how to make healthy relationship choices, set proper boundaries and recognize the red flags that should alert us to avoid certain people. Whether you are struggling with a narcissistic partner, or dealing with a bullying boss or a sociopathic colleague, there is practical advice that will help you not only to protect your mental wellbeing but also to thrive. You will understand the nature of the toxic workplace - how to avoid it and if necessary survive within it. If you're surrounded by the takers of this world, read this book and gain the freedom to make your own choices and live your own life.

Stress can lead to extensive psychological and physical suffering, but there are choices you can make that will reduce your stress and improve your ability to cope. This book offers not just the facts but a message of hope. Overcoming Stress looks not only at the causes of stress but also at the manifestations and psychological conditions, such as physical illness, anxiety, panic disorder, OCD, phobic states, and depression. It offers information on both acute treatments and longer term management in avoiding stress and its ill effects. “Stress will always be with us, and we will continue to sufferâ€”unless we choose to change,â€”says Dr. Cantopher. “The good news is that this is possibleâ€”stress-related illness is avoidable, and if you change, you will attain happiness.â€”

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.

In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to

function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first. Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful force for change in her life. In *Black Rainbow* Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery. At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being lifted, this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it. Poetry is free, has no side-effects and, as Rachel can attest, 'prescribing words instead of pills' can be an incredibly powerful remedy.

**ARE YOU REALLY IN CONTROL OF YOUR RELATIONSHIP WITH ALCOHOL? ARE YOU FINDING YOUR NEED TO DRINK GETTING STRONGER? DO YOU DEPEND ON ALCOHOL TO MANAGE DAILY LIFE?** In his role as a consultant psychiatrist, Dr Tim Cantopher has worked with countless people to help them overcome dependency, and this book distils his decades of experience into a series of practical, achievable, straightforward steps to reduce your own intake, or give up altogether. *Problem Drinking* explains why you are drinking too much, what alcohol does to you physiologically, the influence of environment and personality, and the long-term consequences of alcohol addiction. It offers supportive strategies to help you cut down or do without, including advice on relaxation and sleep, problem-solving approaches, time management skills, and insight into drug treatments, the disease concept and the role of Alcoholics Anonymous. Read this book, take it one day at a time, and don't look back.

Fiona was your average 80's baby. She grew up without an iPhone, used actual landlines to make calls, and didn't have the luxury (or perhaps the curse) of Facebook during her adolescent years. But though her childhood took place in an analogue world, she found herself suffering from the same problems many young people face today; the race for perfectionism, high levels of anxiety, a fear of success. After an unfulfilling university experience, a stressful beginning in a management career, and a severe case of impostor syndrome, Fiona suffered a nervous breakdown in her mid-twenties. Amongst therapy and medication, it was the online community which gave Fiona the comfort she needed to recover. In *Depression in a Digital Age*, Fiona traces her life dealing with anxiety and the subsequent depression, and how a digital life helped her find her community, find her voice, find herself.

**YOU DON'T HAVE TO STRUGGLE WITH ANXIETY. WHETHER YOU DEVELOPED IT RECENTLY, OR YOU'VE BEEN LIVING WITH IT FOR YEARS, YOUR ANXIETY CAN BE TREATED.** Expert psychiatrist and bestselling author Dr Tim Cantopher has helped hundreds of people just like you, and in *Overcoming Anxiety Without Fighting It*, he gives you tried and proven strategies for escaping the fear that stalks you. Discover a series of simple, manageable lifestyle skills and strategies that will make an immediate difference to your life, as well as practical suggestions for longer-term changes, including advice on how, when, and what sort of professional help to seek. At the heart of this warm, supportive and expert book are the author's decades of experience with people just like you, and with this experience comes a message of hope, and reassurance. Stick with the changes you are going to make, and seek the support you need, and your life will no longer be dominated by fear. 'I'm speaking to you now - if you are going to gain the relief from your symptoms which I hope for you, you'll need to promise me and yourself one thing from the start: that you'll try your hardest not to judge yourself and how well or badly you're doing at getting better.' - Dr Tim Cantopher

Insomnia is responsible for a great deal of lost productivity, accidents and suffering. Ironically, the more you try to sleep, the worse the situation becomes - so the key is to stop gritting your teeth and attempting to wrestle your wakefulness to the ground. In *Beating Insomnia*, Dr Tim Cantopher will help you to achieve a calm acceptance of your sleeplessness in the short term, so you can focus on solving the problem in the longer term. Firstly, you need to manage the stress or anxiety that might be underpinning your insomnia, and much of the book will show you how to do practical strategies using relaxation exercises and mindfulness. It will also help you to keep a sleep diary, to tackle specific problems which might be interfering with your sleep, and will give you advice on when - and when not - to consider medication to help you sleep. By working at the strategies in this book your insomnia will improve significantly and you will experience more peaceful nights. Dr. Cantopher provides a comprehensive, accessible overview of depressive illness, which affects over 15.5 million people in the United States. Guiding the reader through the nature of depression, its history, symptoms, causes, and treatments, as well as myths about it along the way. Warm and supportive, this new edition, which also includes the latest on medications, stresses that sufferers should not blame themselves but can take hope from the fact that there is meaning in their illness and that getting better is a real option. Generously supplied with illuminating anecdotes and insights, this book has specific advice about what to do if you are currently unwell, as well as valuable information for caregivers, medical professionals, or anyone interested in this destructive illness, which is set to become the second biggest health burden in the world after heart disease.

This book explains why depression is more likely in people with strong personalities and discusses the various ways of treating the illness. What is depression? What is bipolar disorder? How are they diagnosed and how are they treated? This volume gives a history of these two disorders and considers how they are experienced and understood today. Scott and Tacchi also discuss how mood disorders can influence creativity.

**World Book Night 2018** In 2012, *The Recovery Letters* was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed to 'Dear You', the inspirational and heartfelt letters provided hope and support to those experiencing depression and were testament that recovery was possible. Now for the first time, these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Many recognized geniuses had creative capacities that were driven by bouts of manic intensity followed by the depths of mind-numbing despair. From Plato, who originated the idea of inspired mania, to Beethoven, Dickens, Newton, Van Gogh, and today's popular creative artists and scientists who've battled manic depression, this intriguing work examines creativity and madness in mystery, myth, and history. Demonstrating how manic depression often becomes the essential difference between talent and genius, Hershman and Lieb offer valuable insights into the many obstacles and problems this illness poses for highly creative people. Lieb critiques the wave of new books on depression as well as those on creativity to determine how far we have come in our understanding of this complex illness. The authors also explode the myth that suffering is essential to creativity. Guides for the manic depressive are suggested to reduce emotional pain and personal problems while increasing productivity. Julian Lieb, a psychiatrist in private practice and former director of the Dana Psychiatric Clinic at Yale-New Haven Hospital, and D. Jablow Hershman authored *Brotherhood of Tyrants: Manic Depression and Absolute Power*. This splendidly written book has a brisk flow and is clearly organized to be enjoyable and informative. -*American Journal of Psychiatry*

When Amanda Benson is diagnosed with bipolar disorder her extended family offers up everything from unconditional support to uncomfortable scrutiny as Amanda careens between bouts of frightening violence, cosmic euphoria, and suicidal despair. Then there's Ryan, an architecture student who is initially ensnared by Amanda's manic sexuality, but is ultimately captured and held throughout the chaos by the force of love and strength of family.

Paperback

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

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