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# Touched With Fire Manic Depressive Illness And The Artistic Temperament Kay Redfield Jamison

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Poets on Prozac  
A Study of Genius, Mania, and Character  
Bipolar Disorders and Recurrent Depression  
Mastering Bipolar Disorder  
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Exuberance  
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The Dark Side of Innocence  
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Manic-Depressive Illness and the Artistic Temperament  
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An insider's guide to managing mood swings and finding balance  
An Unquiet Mind  
Help and Support for You and Your Partner  
Manic-depressive Illness and the Artistic Temperament  
A Memoir  
What You and Your Family Need to Know  
Abnormal Psychology  
An Evidence-Based Guide to Manic Depression  
What We Know and What You Can Do About It  
A Memoir  
Genetics and the Uses of Human Heredity  
Living Fully with Bipolar II  
Nothing Was the Same  
Understanding and Helping Your Partner  
The Bipolar Disorder Survival Guide, Third Edition  
The Passion for Life  
Mental Illness, Treatment, and the Creative Process  
Marbles  
Bipolar Disorder, Second Edition  
How To Be Depressed  
First Loves and Last Tales

A Manual on Bipolar Disorder for Patients, Families, and Providers  
Surviving Manic Depression

*Touched With Fire  
Manic Depressive  
Illness And The Artistic  
Temperament Kay  
Redfield Jamison*

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## WALLS WILLIAMSON

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### **Poets on Prozac** Vintage

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. *A Study of Genius, Mania, and Character* Prometheus Books

The definitive work on the profound and surprising links between manic-depression and creativity, from the

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

### **Bipolar Disorders and Recurrent Depression** Vintage

A Pulitzer Prize Finalist In this magisterial study of the relationship between illness and art, the best-selling author of *An Unquiet Mind* brings a fresh perspective to the life and work of Pulitzer Prize-winning poet Robert Lowell. In his poetry, Lowell put his manic-depressive illness (now known as bipolar disorder) into the public domain, and in the process created a new and arresting language for madness. Here Dr. Kay Redfield Jamison brings her expertise in mood disorders to bear on Lowell’s story, illuminating not only the relationships between mania, depression, and creativity but also how Lowell’s illness

and treatment influenced his work (and often became its subject). A bold, sympathetic account of a poet who was—both despite and because of mental illness—a passionate, original observer of the human condition.

Mastering Bipolar Disorder John Wiley & Sons

Why do so many people suffer the slings and arrows of outrageous angst? Some twenty percent of us are afflicted with common Anxiety and Depressive disorders. That's not just nervous or scared or sad - that is painful dysfunction without obvious benefit. A new theoretical synthesis suggests that while animals share a set of evolved social instincts, we humans experience commonplace Anxiety and Depressive disorders when we use our reason to defy that biology.

*The Flight of the Mind* Basic Books

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

*The Most Intimate Revelations about Touched with Fire* Bantam

From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

*Exuberance* Oxford University Press

In this book, we have hand-picked the most sophisticated, unanticipated,

absorbing (if not at times crackpot!), original and musing book reviews of "Touched with Fire: Manic-Depressive Illness and the Artistic Temperament." 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.

#### *Growing Up Bipolar* Vintage

Surviving Manic Depression is the most authoritative book on this disorder, which affects more than two million people in the U.S. alone. Based on the latest research, it provides detailed coverage of every aspect of manic depression—from understanding its causes and treatments to choosing doctors and managing relapses—with guidance drawn from the latest scientific information. Drs. Torrey and Knable provide thorough, up-to-date coverage of all aspects of the disease, including a detailed description of symptoms (with many direct descriptions from patients themselves), risk factors, onset and cause, medications (including drugs still in the testing stage), psychotherapy, and rehabilitation, as well as information about how the disease affects children and adolescents. Here too are discussions of special problems related to manic depression, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. Surviving Manic Depression also includes special features such as a listing of selected websites, books, videotapes, and other resources.

**Hurry Down, Sunshine** Allen & Unwin

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

#### **Touched with Fire** Knopf

This book examines in detail the diagnostic approach to manic depressive (bipolar) illness, with special reference to the borderline zones with unipolar depression and schizoaffective disorder. Among other diagnostic issues considered are mixed episodes (often misdiagnosed by psychiatrists), rapid cycling, and the confusion with personality disorders. Within the context of diagnosis and understanding of the dynamics of bipolar disorder, temperament, character, and personality are all extensively discussed. Neurocognitive deficit and disability are covered, as are elements of evolutionary biology and behavior. With regard to treatment, the major focus is on evidence-based therapy, with reference to the results of randomized controlled trials and meta-analyses; in addition, contemporary guidelines and future trends are examined. Careful

consideration is also given to the psychosocial treatment approach and issues relating to societal and economic costs and burdens.

*The Dark Side of Innocence* University of Pennsylvania Press

An analysis of the link between manic-depressive illness and artistic temperament focuses on the medical histories of Vincent van Gogh, Franz Schubert, Virginia Woolf, and other creative geniuses.

*A Study of Genius, Mania, and Character* Guilford Press

From the "New York Times"-bestselling author of "Manic: A Memoir" comes a gripping and eloquent account of the awakening and unfolding of Cheney's bipolar disorder.

*Manic Depression and Creativity* Simon and Schuster

When bipolar disorder afflicts the person you love, you suffer too. How have other couples learned to manage the relationship strains caused by this illness? What can you do to provide your partner with truly helpful nurturance and support? No one cares more deeply about these questions than Dr. Cynthia Last, a highly regarded therapist/researcher who also has bipolar disorder. Sharing stories and solutions from her own experience and the couples she has treated, Dr. Last offers heartfelt, practical guidance for getting through the out-of-control highs and the devastating lows--together. Learn how you can help your spouse come to terms with a bipolar diagnosis, get the most out of treatment, and reduce or prevent future mood episodes, while also taking care of yourself.

**Manic** JHU Press

Touched With Fire Simon and Schuster

**Manic-Depressive Illness and the Artistic Temperament** Univ of

California Press

George Scialabba is a prolific critic and essayist known for his incisive, wide-ranging commentary on literature, philosophy, religion, and politics. He is also, like millions of others, a lifelong sufferer from clinical depression. In *How To Be Depressed*, Scialabba presents an edited selection of his mental health records spanning decades of treatment, framed by an introduction and an interview with renowned podcaster Christopher Lydon. The book also includes a wry and ruminative collection of "tips for the depressed," organized into something like a glossary of terms—among which are the names of numerous medications he has tried or researched over the years. Together, these texts form an unusual, searching, and poignant hybrid of essay and memoir, inviting readers into the hospital and the therapy office as Scialabba and his caregivers try to make sense of this baffling disease. In Scialabba's view, clinical depression amounts to an "utter waste." Unlike heart surgery or a broken leg, there is no relaxing convalescence and nothing to be learned (except, perhaps, who your friends are). It leaves you weakened and bewildered, unsure why you got sick or how you got well, praying that it never happens again but certain that it will. Scialabba documents his own struggles and draws from them insights that may prove useful to fellow-sufferers and general readers alike. In the place of dispensable banalities—"Hold on," "You will feel better," and so on—he offers an account of how it's been for him, in the hope that doing so might prove helpful to others.

*Touched With Fire* Lennex

Explores the role of exuberance in humankind's most important creative

and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival. *Touched With Fire* Guilford Press  
From the author of the New York Times bestseller, *An Unquiet Mind*, *Touched with Fire* is an authoritative look at the relationship between manic-depressive illness and the artistic temperament. Psychiatrist Jamison advocates a restrained, humanistic approach to treatment that does not "cure" the disorder at the expense of artistic inspiration.

*An insider's guide to managing mood swings and finding balance* New Harbinger Publications

This long-awaited second edition of *Manic-Depressive Illness* will exhaustively review the biological and genetic literature that has dominated the field in recent years, and incorporate cutting-edge research conducted since publication of the first edition. Drs. Frederick Goodwin and Kay Redfield Jamison have updated their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. This book will be a valuable addition to the libraries of psychiatrists and other physicians,

psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness.

*An Unquiet Mind* Random House of Canada

Basic textbook on abnormal psychology [Help and Support for You and Your Partner](#) Free Press

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.