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# Brain Fire My Month Madness

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*Brain Fire My Month Madness*

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## AYERS HUDSON

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### **Girl, Interrupted** HarperCollins

Make the fullest possible recovery after neurological injury with this definitive guide—by a doctor and spinal cord injury survivor who's been there After an accident that left him permanently paralyzed over ten years ago, Dr. Bradford Berk made it his mission to help others recover from acute neurological injury (ANI). As the founder and director of the University of Rochester Neurorestoration Institute, he brings his abundant experience in working with patients and making his own ongoing recovery to *Getting Your Brain and Body Back*, the most up-to-date guide for survivors of spinal cord injury (SCI), stroke, and traumatic brain injury (TBI). Each of these acute neurological injuries can result in similar physical and psychological challenges and require similar treatments, medications, and assistive devices. *Getting Your Brain and Body Back* offers comprehensive, reassuring guidance for your every concern: How to deal with grief and trauma in the aftermath of accident or injury—and build resilience as you find your way forward What adaptive devices—for bathing, dining,

mobility, and more—will help you enjoy life to the utmost How to prevent and treat secondary health problems of every kind, such as heart, skin, and bladder troubles—sexual health included!

Therapeutic approaches from both Western and Eastern medicine to consider for maximum healing and pain relief Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life.

### **The Autoimmune Brain** Modern Library

Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as “one of the best scientist/writers of our time,” a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior. In the tradition of Stephen Jay Gould and Oliver Sacks, Robert Sapolsky offers a sparkling and erudite collection of essays about science, the world, and our relation to both. “The Trouble with Testosterone” explores the influence of that notorious hormone on male aggression. “Curious George’s Pharmacy” reexamines recent exciting claims that wild primates know how to medicate themselves with forest plants. “Junk Food Monkeys” relates the adventures of a troop of baboons who stumble upon a tourist

garbage dump. And "Circling the Blanket for God" examines the neurobiological roots underlying religious belief. Drawing on his career as an evolutionary biologist and neurobiologist, Robert Sapolsky writes about the natural world vividly and insightfully. With candor, humor, and rich observations, these essays marry cutting-edge science with humanity, illuminating the interconnectedness of the world's inhabitants with skill and flair.

**I Have No Mouth & I Must Scream** The Experiment, LLC  
 NAMED A BEST BOOK OF 2021 BY THE NEW YORK POST AND BOOK RIOT NAMED A BEST TRUE CRIME BOOK OF 2021 BY CRIMEREADS For readers of *The Immortal Life of Henrietta Lacks* and *The Phantom of Fifth Avenue*, "a sensational story told with nuance and humanity" (Susannah Cahalan, #1 New York Times bestselling author) about the sordid court battle between Ann Cooper Hewitt and her socialite mother. At the turn of the twentieth century, emboldened American women began to seek passion and livelihood outside the home. This alarmed authorities, who feared "over-sexed" women could destroy civilization, either by crossing the color line or passing their evident defects on to their children. Set against this backdrop, *The Unfit Heiress* chronicles the fight for inheritance between Ann Cooper Hewitt and her socialite mother Maryon, who had her daughter sterilized without her knowledge. A sensational court case ensued, and powerful eugenicists saw an opportunity to restrict reproductive rights in America for decades to come. This riveting story unfolds through the brilliant research of Audrey Clare Farley, who captures the interior lives of these women on the pages and poses questions that remain relevant today: What does it mean to be "unfit" for motherhood? How do racial anxieties continue to influence who does and does not reproduce? In the battle for reproductive rights, can we forgive those who side against us? And can we forgive our mothers if they are the ones who inflict the deepest wounds?

**Tell Me Everything You Don't Remember** Simon & Schuster  
 "If you want to understand the latest scientific thinking about the relations between mind and brain, meet Allman's *Apprentices of Wonder*."—Howard Gardner, author of *The Mind's New Science: A History of Cognitive Revolution* In the vein of *The Soul of a New Machine* comes this accessible book on the scientists who are creating startling theories of how the mind works as they forge a kind of artificial intelligence called neural networks—or, the first thinking machines. "This snappy introduction to the possibilities of the new sciences of connectionism will inform readers why many brain scientists are excited—and why the skeptics remain to be persuaded."—Pamela McCorduck, coauthor, with Mitchell Feigenbaum, of *The Fifth Generation* and author of *Machines Who Think* and *The Universal Machine*

**The Good Nurse** Sounds True  
 Seven stunning stories of speculative fiction by the author of *A Boy and His Dog*. In a post-apocalyptic world, four men and one woman are all that remain of the human race, brought to near extinction by an artificial intelligence. Programmed to wage war on behalf of its creators, the AI became self-aware and turned against humanity. The five survivors are prisoners, kept alive and subjected to brutal torture by the hateful and sadistic machine in an endless cycle of violence. This story and six more groundbreaking and inventive tales that probe the depths of mortal experience prove why Grand Master of Science Fiction Harlan Ellison has earned the many accolades to his credit and remains one of the most original voices in American literature. *I Have No Mouth and I Must Scream* also includes "Big Sam Was My Friend," "Eyes of Dust," "World of the Myth," "Lonelyache," Hugo Award finalist "Delusion for a Dragon Slayer," and Hugo and Nebula Award finalist "Pretty Maggie Moneyeyes."

**Falling Into the Fire** Simon and Schuster

Fandom and first love collide in in this joyful, feminist contemporary romance from acclaimed author Cory McCarthy—perfect for fans of Rainbow Rowell and Ashley Poston Iris Thorne wants to blaze her own path. That's easier said than done when you're the granddaughter of M. E. Thorne, famous author of the *Elementia* series, hailed as the feminist response to J. R. R. Tolkien's *Lord of the Rings*. And with a major motion picture adaptation of her grandmother's books in the works, Iris can say goodbye to her dream of making her own way in the music industry. When Iris and her brother get invited to the film set in Ireland, she's pretty sure the trip will be a nightmare. Except Iris can't deny the rugged beauty of the Irish countryside. And brushing shoulders with the hot, young cast isn't awful, especially the infuriatingly charming lead actor, Eamon O'Brien. Iris even finds the impassioned female director inspiring. But when the filming falls into jeopardy, everything Iris thought she knew about *Elementia*—and herself—is in question. Will making a film for the big screen help Iris to see the big picture?

**The Neuroscientist Who Lost Her Mind** Penguin  
 The mesmerizing basis of the movie starring Eddie Redmayne and Jessica Chastain—a "stunning book...that should and does bring to mind *In Cold Blood*"—takes you inside the mind of America's most prolific serial killer, whose 16-year long "nursing" career left as many as 400 dead. (New York Times) Edgar Award Nomination, Mystery Writers of America BBC (Top Ten Books of the Year) "The best books I read this year" (top ten books, EW) —Stephen King "The Best Journalism of the Year." —The Daily Beast "The most terrifying book published this year. It is also one of the most thoughtful...call it literary true crime..." —Kirkus Reviews ("Best Books of the year") After his December 2003 arrest, registered nurse Charlie Cullen was quickly dubbed "The Angel of Death" by the media. But Cullen was no mercy killer, nor was he a simple monster. He was a favorite son, a husband and beloved father, a best friend and a celebrated caregiver. Implicated in the deaths of as perhaps as many as 400 patients, he was also perhaps the most prolific serial killer in American history. When, in March of 2006, Charles Cullen was marched from his final sentencing in an Allentown, Pennsylvania, courthouse into a waiting police van, it seemed certain that the chilling secrets of his life, career, and capture would disappear with him. Now, in a riveting piece of investigative journalism nearly ten years in the making, Charles Graeber gives us the unbelievable true story. Based on hundreds of pages of previously unseen police records, wire-tap recordings and videotapes and interviews with whistleblowers and confidential informants, and years of exclusive jailhouse conversations with Cullen himself, the homicide detectives who worked against the clock and administrators to try and finally crack the code on Cullen's crimes, and Cullen's fellow nurse Amy, an overworked single mom asked to choose between protecting her friend Charlie and stopping a potential serial killer, *THE GOOD NURSE* weaves an urgent and terrifying tale of madness, humanity and heroism. Cullen's murderous career in the world's most trusted profession spanned sixteen years and nine hospitals. Time and again he was fired or allowed to resign. But Cullen continued to work and kill, shielded by a hospital system that, by accident or design, successfully protected the institution while failing to protect patients. *THE GOOD NURSE* is a searing indictment of a crushing and dehumanizing for-profit medical system, and an inspiring human story of the previously unknown individuals who chose to risk their jobs and lives to do the right thing. Mesmerizing and irresistibly paced, this book will make you look at hospitals and the people who work in them in an entirely different way.

*A Series of Catastrophes and Miracles* Bantam

30th ANNIVERSARY EDITION • NATIONAL BESTSELLER • In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. Her memoir of the next two years is a "poignant, honest ... triumphantly funny ... and heartbreaking story" (The New York Times Book Review). WITH A NEW INTRODUCTION BY THE AUTHOR The ward for teenage girls in the McLean psychiatric hospital was as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

*Monkey Mind* John Wiley & Sons

He went to hell and back. Then went again. He died on the operating table and lived in a parallel universe whilst fighting for his life in a coma. Became a fugitive, captured at gun point and imprisoned in a squalid Cairo jail for a crime he did not commit. As a child he battled with relentless bullies and overcame chronic dyslexia. As a man, he cheated death survived a foreign prison and built a multi-million-dollar business, yet lost it overnight and found the strength, despite personal tragedy, to rebuild it. Again. He lives today knowing and believing that YOU can survive anything. If you want to know how to get through this thing called life - THIS is your manual.

**Basketball Junkie** Simon and Schuster

A riveting first-hand account of a physician who's suddenly a dying patient, *In Shock* "searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, *In Shock* allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while achieving, through unflinching presence, a crystalline vision of a new and better possibility for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

**Getting Your Brain and Body Back: Everything You Need to Know after Spinal Cord Injury, Stroke, or Traumatic Brain Injury** Allen Lane

A therapist creates moving portraits of five of her most memorable patients, men and women she considers psychological heroes. Catherine Gildiner is a bestselling memoirist, a novelist, and a psychologist in private practice for twenty-five years. In *Good Morning, Monster*, she focuses on five patients who overcame enormous trauma—people she considers

heroes. With a novelist's storytelling gift, Gildiner recounts the details of their struggles, their paths to recovery, and her own tale of growth as a therapist. The five cases include a successful but lonely musician suffering sexual dysfunction; a young woman whose father abandoned her and her siblings in a rural cottage; an Indigenous man who'd endured great trauma at a residential school; a young woman whose abuse at the hands of her father led to a severe personality disorder; and a glamorous workaholic whose negligent mother had greeted her each morning with "Good morning, Monster." Each patient presents a mystery, one that will only be unpacked over years. They seek Gildiner's help to overcome an immediate challenge in their lives, but discover that the source of their suffering has been long buried. It will take courage to face those realities, and creativity and resourcefulness from their therapist. Each patient embodies self-reflection, stoicism, perseverance, and forgiveness as they work unflinchingly to face the truth. Gildiner's account of her journeys with them is moving, insightful, and sometimes humorous. It offers a behind-the-scenes look into the therapist's office and explains how the process can heal even the most unimaginable wounds.

**Robert Lowell, Setting the River on Fire** Penguin UK

'My first serious blackout marked the line between sanity and insanity. Though I would have moments of lucidity over the coming days and weeks, I would never again be the same person . . . ' Susannah Cahalan was a happy, clever, healthy twenty-four-year old. Then one day she woke up in hospital, with no memory of how she had got there. Within weeks, she would be transformed into someone unrecognizable, descending into a state of acute psychosis. This is Susannah's story of her terrifying descent into madness and the desperate hunt for a diagnosis, as, after dozens of tests and scans, baffled doctors concluded she should be confined in a psychiatric ward. It is also the story of how one brilliant man, Syria-born Dr Najar, finally proved - using a simple pen and paper - that Susannah's psychotic behaviour was caused by a rare autoimmune disease attacking her brain. Cahalan takes readers inside this newly-discovered disease through the progress of her own harrowing journey, asking what happens when your identity is suddenly destroyed, and how you get it back. 'With eagle-eye precision and brutal honesty, Susannah Cahalan turns her journalistic gaze on herself as she bravely looks back on one of the most harrowing and unimaginable experience one could ever face: the loss of minds, body and self . . . a mesmerizing story.' Mira Bartók, New York Times bestselling author of *The Memory Palace*

*The Memory Palace* Macmillan

'My first serious blackout marked the line between sanity and insanity. Though I would have moments of lucidity over the coming days and weeks, I would never again be the same person ...' Susannah Cahalan was a happy, clever, healthy twenty-four-year old. Then one day she woke up in hospital, with no memory of what had happened or how she had got there. Within weeks, she would be transformed into someone unrecognizable, descending into a state of acute psychosis, undergoing rages and convulsions, hallucinating that her father had murdered his wife; that she could control time with her mind. Everything she had taken for granted about her life, and who she was, was wiped out. *Brain on Fire* is Susannah's story of her terrifying descent into madness and the desperate hunt for a diagnosis, as, after dozens of tests and scans, baffled doctors concluded she should be confined in a psychiatric ward. It is also the story of how one brilliant man, Syria-born Dr Najar, finally proved - using a simple pen and paper - that Susannah's psychotic behaviour was caused by a rare autoimmune disease attacking her brain. His diagnosis of this little-known condition, thought to have been the real cause



of devil-possession through history, saved her life, and possibly the lives of many others. Cahalan takes readers inside this newly-discovered disease through the progress of her own harrowing journey, piecing it together using memories, journals, hospital videos and records. Written with passionate honesty and intelligence, *Brain on Fire* is a searingly personal yet universal book, which asks what happens when your identity is suddenly destroyed, and how you get it back. 'With eagle-eye precision and brutal honesty, Susannah Cahalan turns her journalistic gaze on herself as she bravely looks back on one of the most harrowing and unimaginable experiences one could ever face: the loss of mind, body and self. *Brain on Fire* is a mesmerizing story' -Mira Bartók, New York Times bestselling author of *The Memory Palace* Susannah Cahalan is a reporter on the New York Post, and the recipient of the 2010 Silurian Award of Excellence in Journalism for Feature Writing. Her writing has also appeared in the New York Times, and is frequently picked up by the Daily Mail, Gawker, Gothamist, AOL and Yahoo among other news aggregator sites.

***Brain on Fire*** Simon and Schuster

"In this memoir that spans dozens of countries worldwide, a young girl and her family adopt one new identity after another and run from both the law and the secrets that will eventually catch up to all of them"--

*Good Morning, Monster* Profile Books

I was dead for thirty seconds. That's what the cop in Fall River told me. When the EMTs found me, there was a needle in my arm and a packet of heroin in the front seat. At basketball-crazy Durfee High School in Fall River, Massachusetts, junior guard Chris Herren carried his family's and the city's dreams on his skinny frame. His grandfather, father, and older brother had created their own sports legends in a declining city; he was the last, best hope for a career beyond the shuttered mills and factories. Herren was heavily recruited by major universities, chosen as a McDonald's All-American, featured in a Sports Illustrated cover story, and at just seventeen years old became the central figure in *Fall River Dreams*, an acclaimed book about the 1994 Durfee team's quest for the state championship. Leaving Fall River for college, Herren starred on Jerry Tarkanian's Fresno State Bulldogs team of talented misfits, which included future NBA players as well as future convicted felons. His gritty, tattooed, hip-hop persona drew the ire of rival fans and more national attention: Rolling Stone profiled him, 60 Minutes interviewed him, and the Denver Nuggets drafted him. When the Boston Celtics acquired his contract, he lived the dream of every Massachusetts kid—but off the court Herren was secretly crumbling, as his alcohol and drug use escalated and his life spiraled out of control. Twenty years later, Chris Herren was married to his high-school sweetheart, the father of three young children, and a heroin junkie. His basketball career was over, consumed by addictions; he had no job, no skills, and was a sadly familiar figure to those in Fall River who remembered him as a boy, now prowling the streets he once ruled, looking for a fix. One day, for a time he cannot remember, he would die. In his own words, Chris Herren tells how he nearly lost everything and everyone he loved, and how he found a way back to life.

Powerful, honest, and dramatic, *Basketball Junkie* is a remarkable memoir, harrowing in its descent, and heartening in its return.

***The Trouble With Testosterone*** Open Road Media

A gorgeous memoir about the 17 year estrangement of the author and her homeless schizophrenic mother, and their reunion.

***You Can't Catch Me*** Canongate Books

*Falling Into the Fire* is psychiatrist Christine Montross's thoughtful investigation of the gripping patient encounters that have

challenged and deepened her practice. The majority of the patients Montross treats in *Falling Into the Fire* are seen in the locked inpatient wards of a psychiatric hospital; all are in moments of profound crisis. We meet a young woman who habitually commits self-injury, having ingested light bulbs, a box of nails, and a steak knife, among other objects. Her repeated visits to the hospital incite the frustration of the staff, leading Montross to examine how emotion can interfere with proper care. A recent college graduate, dressed in a tunic and declaring that love emanates from everything around him, is brought to the ER by his concerned girlfriend. Is it ecstasy or psychosis? What legal ability do doctors have to hospitalize—and sometimes medicate—a patient against his will? A new mother is admitted with incessant visions of harming her child. Is she psychotic and a danger or does she suffer from obsessive thoughts? Her course of treatment—and her child's future—depends upon whether she receives the correct diagnosis. Each case study presents its own line of inquiry, leading Montross to seek relevant psychiatric knowledge from diverse sources. A doctor of uncommon curiosity and compassion, Montross discovers lessons in medieval dancing plagues, in leading forensic and neurological research, and in moments from her own life. Beautifully written, deeply felt, *Falling Into the Fire* brings us inside the doctor's mind, illuminating the grave human costs of mental illness as well as the challenges of diagnosis and treatment. Throughout, Montross confronts the larger question of psychiatry: What is to be done when a patient's experiences cannot be accounted for, or helped, by what contemporary medicine knows about the brain? When all else fails, Montross finds, what remains is the capacity to abide, to sit with the desperate in their darkest moments. At once rigorous and meditative, *Falling Into the Fire* is an intimate portrait of psychiatry, allowing the reader to witness the humanity of the practice and the enduring mysteries of the mind

***Brain On Fire: My Month of Madness*** Vintage

A riveting new novel of suspense about a disgraced young journalist caught up in a grifter's game, and the trail of identically named victims she uncovers, from the instant bestselling author of *I'll Never Tell* and *The Good Liar*. Assumed identities. A con game. Unwitting victims. After being fired from her investigative journalism job for plagiarism, Jessica Williams is looking for a break from the constant press coverage. She decides to escape for a week to a resort in Mexico boasting no connections to the outside world. While waiting at the airport for her flight, she encounters a woman with the exact same name, who she dubs Jessica Two. Drawn together by the coincidence, they play a game of twenty questions to see what other similarities they share, and exchange contact information. A week later, Jessica returns home and discover that large cash withdrawals have been made from her bank account. Security footage from the bank confirms her suspicions—Jessica Two has stolen her money. She goes to the police, only to be told that the crime is a low priority. Frustrated, she meets up with a trusted old friend, Liam, who is an investigator. When the two Google "Jessica Williams," they get thousands of hits—Jessica was the most popular girl's name in 1990 and Williams is almost as ubiquitous as Smith. Convinced that this isn't the first time this scam has been run, Jessica is determined to catch the imposter, and writes a Facebook post hoping to chase down some of Jessica Two's other victims. When she gets a number of responses, she sets a plan in motion to catch the thief, encountering a string of identically named victims along the way. Then, the threatening messages start arriving. Filled with incredible twists and turns, *You Can't Catch Me* is a tantalizing, character-driven exploration of how far people will go to get revenge.

*A Mind Unraveled* St. Martin's Press

In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts Barbara Lipska's deadly brain cancer and explains its unforgettable lessons about the brain and mind. Neuroscientist Lipska was diagnosed early in 2015 with metastatic melanoma in her brain's frontal lobe. As the cancer progressed and was treated, she experienced behavioral and cognitive symptoms connected to a range of mental disorders, including dementia and her professional specialty, schizophrenia. Lipska's family and associates were alarmed by the changes in her behavior, which she failed to acknowledge herself. Gradually, after a course of immunotherapy, Lipska returned to normal functioning, amazingly recalled her experience, and through her knowledge of neuroscience identified the ways in which her brain changed during treatment. Lipska admits her condition was unusual; after recovery she was able to return to her research and resume her athletic training and compete in a triathlon. Most patients with similar brain cancers rarely survive to describe their ordeal. Lipska's memoir, coauthored with journalist Elaine McArdle, shows that strength and courage but also an

encouraging support network are vital to recovery.

#### **Life After Encephalitis** Crown

Women, here's a question for you: what would happen if we took all the energy we spend self-bashing, self-improving, and chasing impossible standards and instead channeled it into our true passions? Answer: our feminine radiance would light up the world. This is the promise of LiYana Silver's bold new book, *Feminine Genius*. "Your body is the key," writes Silver. "I'm going to show you that your body is wildly intelligent and that your deepest desires are your best guide. You'll learn to trust your innately feminine brilliance while integrating it with your already awesome masculine strengths." In this exercise-rich book, LiYana offers a sassy blend of inspiration and nitty-gritty practices to help you break free from the places where you feel stuck. As you root out the conditioning that keeps you feeling small and weak, you'll learn to trust the feeling of being "turned on," connect to the inner Oracle that is the wisdom source of your body, and transform your life into a Heroine's Journey filled with deep strength, true fulfillment, wild abandon, and epic love.