
An Unquiet Mind A Memoir Of Moods And Madness

A Journey Through the Stigma and Hope of Mental Illness
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 Virginia Woolf's Art and Manic-Depressive Illness
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 The Bipolar Disorder Survival Guide, Third Edition
 Understanding and Helping Your Partner
 Manic

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HUDSON PARSONS

[A Journey Through the Stigma and Hope of Mental Illness](#) Vintage
 New York Times bestseller: A "powerful" Southern drama about
 the destructive repercussions of keeping an unspeakable family
 secret (The Atlanta Journal). Tom Wingo has lost his job, and is on
 the verge of losing his marriage, when he learns that his twin
 sister, Savannah, has attempted suicide again. At the behest of
 Savannah's psychiatrist, Dr. Susan Lowenstein, Tom reluctantly
 leaves his home in South Carolina to travel to New York City and
 aid in his sister's therapy. As Tom's relationship with Susan
 deepens, he reveals to her the turbulent history of the Wingo
 family, and exposes the truth behind the fateful day that changed
 their lives forever. Drawing richly from the author's own troubled
 upbringing, *The Prince of Tides* is a sweeping, powerful novel of
 unlocking the past to overcome the darkest of personal
 demons—it's Pat Conroy at his very best.

[Nothing Was the Same](#) Open Road Media

Kay Redfield Jamison, award-winning professor and writer,
 changed the way we think about moods and madness. Now

Jamison uses her characteristic honesty, wit and eloquence to
 look back at her relationship with her husband, Richard Wyatt, a
 renowned scientist who died of cancer. *Nothing was the Same* is
 a penetrating psychological study of grief viewed from deep
 inside the experience itself.

A Bipolar's Journey Vintage

"This is the story of an extraordinary boy with a brilliant mind, a
 heart of gold, and a tortured soul. It is the story of an illness, a
 fight to live, and a race against death. I want to share the story,
 and the pain, the courage, the love, and what I learned in living
 through it. I want Nick's life to be not only a tender memory for
 us, but a gift to others. . . . I would like to offer people hope and
 the realities we lived with. I want to make a difference. My hope
 is that someone will be able to use what we learned, and save a
 life with it."—Danielle Steel From the day he was born, Nick
 Traina was his mother's joy. By nineteen, he was dead. This is
 Danielle Steel's powerful, personal story of the son she lost and
 the lessons she learned during his courageous battle against
 darkness. Sharing tender, painful memories and Nick's
 remarkable journals, Steel brings us a haunting duet between a
 singular young man and the mother who loved him—and a
 harrowing portrait of a masked killer called manic depression,

which afflicts between two and three million Americans. At once a loving legacy and an unsparing depiction of a devastating illness, Danielle Steel's tribute to her lost son is a gift of life, hope, healing, and understanding to us all.

A Memoir of Learning, Survival, and Coming of Age in Prison Dell
A unique prison narrative that testifies to the power of books to transform a young man's life At the age of sixteen, R. Dwayne Betts—a good student from a lower- middle-class family—carjacked a man with a friend. He had never held a gun before, but within a matter of minutes he had committed six felonies. In Virginia, carjacking is a "certifiable" offense, meaning that Betts would be treated as an adult under state law. A bright young kid, he served his nine-year sentence as part of the adult population in some of the worst prisons in the state. *A Question of Freedom* chronicles Betts's years in prison, reflecting back on his crime and looking ahead to how his experiences and the books he discovered while incarcerated would define him. Utterly alone, Betts confronts profound questions about violence, freedom, crime, race, and the justice system. Confined by cinder-block walls and barbed wire, he discovers the power of language through books, poetry, and his own pen. Above all, *A Question of Freedom* is about a quest for identity—one that guarantees Betts's survival in a hostile environment and that incorporates an understanding of how his own past led to the moment of his crime.

Mind on Fire Penguin

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.

Monkey Mind Vintage

A riveting memoir and a fascinating investigation of the history, uses, and controversies behind lithium, an essential medication for millions of people struggling with bipolar disorder. It began in Los Angeles in 1993, when Jaime Lowe was just sixteen. She stopped sleeping and eating, and began to hallucinate—demonically cackling Muppets, faces lurking in windows, Michael Jackson delivering messages from the Neverland Underground. Lowe wrote manifestos and math equations in her diary, and drew infographics on her bedroom wall. Eventually, hospitalized and diagnosed as bipolar, she was prescribed a medication that came in the form of three pink pills—lithium. In *Mental*, Lowe shares and investigates her story of episodic madness, as well as the stability she found while on lithium. She interviews scientists, psychiatrists, and patients to examine how effective lithium really is and how its side effects can be dangerous for long-term users—including Lowe, who after twenty years on the medication suffers from severe kidney damage. *Mental* is eye-opening and powerful, tackling an illness and drug that has touched millions of lives and yet remains shrouded in social stigma. Now, while she adjusts to a new drug, her pursuit of a stable life continues as does her curiosity about the history and science of the mysterious element that shaped the way she sees the world and allowed her decades of sanity. Lowe travels to the Bolivian salt flats that hold more than half of

the world's lithium reserves, rural America where lithium is mined for batteries, and tolithium spas that are still touted as a tonic to cure all ills. With unflinching honesty and humor, Lowe allows a clear-eyed view into her life, and an arresting inquiry into one of mankind's oldest medical mysteries.

Partridge Publishing

Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, *Marbles: Mania, Depression, Michelangelo, and Me*. Whereas *Marbles* was a memoir about her bipolar disorder, *Rock Steady* turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

A Novel Houghton Mifflin Harcourt

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.

Coming Clean Vintage

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.

An Unquiet Mind Penguin Random House UK

Conflict develops when a wife's income surpasses that of her husband.

Bipolar Disorders and Recurrent Depression Vintage

An Unquiet Mind A Memoir of Moods and Madness Vintage

The Other Side of Me - Memoir of a Bipolar Mind Bantam

It was only when the author was diagnosed as a bipolar in 2003, leading to his hospitalization, that he first heard about this serious mental illness. From being comfortably perched as a successful entrepreneur, he was abruptly flung into terrifying, unknown territory. Extreme mood swings from manic highs to desperate lows made life miserable. The awareness about this chronic, debilitating condition was almost nonexistent in India back then and the stigma, stifling. Disturbingly, the situation remains largely unchanged, unlike developed countries where support groups thrive. Where there is iron-willed determination, the biggest of challenges can be surmounted. The unstinted support of his family, close friends, mentors and medical team helped him in his arduous climb. Medical treatment needs to be supplemented by a healing regimen. Resolutely, he made yoga, meditation and spiritual advancement an intrinsic part of his life. This cathartic journey ended up freeing him. An inspiring story of resilience, his is a rare voice of hope from the East trying to reach out to millions of his community, saying, Yes! A bipolar too can lead a normal and happy life. *A Bipolar's Journey* may well help you walk away From Torment to Fulfillment. So let's walk together.

Nothing was the Same Bookbaby

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. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital 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.

A Memoir of Anxiety Simon and Schuster

An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life—and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, *Manic* does not simply explain bipolar disorder—it takes us into its grasp and does not let go.

His Bright Light Harper Collins

"Families are riddled with untold secrets. But Stephen Hinshaw would have never thought that in his family a profound secret had been kept under lock and key for 18 years. From the moment his father revealed his long history with mental illness and involuntary hospitalizations, Hinshaw knew his life would be changed forever. Hinshaw calls his father's reveal "psychological birth"—after years of experiencing the ups and downs of his father's illness without knowing it existed, watching him disappear for weeks at a time only to return as the loving father he had always known, everything he experienced as a child began to make sense. He learned as much as possible about his father's illness, and what began as an exploration into his father's past and mental health turned into a full-fledged career as a clinical psychologist. In *Another Kind of Madness*, Hinshaw explores the burden of living in a family "loaded" with mental illness and debunks the "stigma" behind it, explaining that in today's society, mental health problems can result in a loss of a driver's license, inability to vote or run for office, ineligibility for jury service, or automatic relinquishment of child custody. With a moving personal narrative and shocking facts about how America views mental health conditions in the 21st century, *Another Kind of Madness* is a passionate call to arms regarding the importance of destigmatizing mental illness"—

The Center Cannot Hold Knopf

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.

Rock Steady Random House of Canada

The writer and actress explore her childhood and youth, which was largely defined by her father's struggle with hoarding.

A Question of Freedom Harper Collins

The personal memoir of a manic depressive and an authority on the subject describes the onset of the illness during her teenage years and her determined journey through the realm of available treatments. Reprint. 125,000 first printing.

A Shining Affliction Basic Books

In her revealing bestseller *Call Me Anna*, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on *The Patty Duke Show* was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in *A Brilliant Madness* Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

Lithium, Love, and Losing My Mind Guilford Publications

In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know. When Marya Hornbacher published her first book, *Wasted: A Memoir of Anorexia and Bulimia*, she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage—where bipolar always beckons—is at the center of this brave and heart-stopping memoir. *Madness* delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists. *New York Times* "Humorous, articulate, and self-aware...A story that is almost impossible to put down."—"With the same intimately revelatory and shocking emotional power that marked [*Wasted*], Hornbacher guides us through her labyrinth of psychological demons."—Elle