

Unholy Ghost Writers On Depression

The personal diaries of the noted playwright, screenwriter, and actor offers insight into his evolution as an artist, his conflicted celebrity, and the struggles with depression that culminated in his 2004 suicide.

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.

A *New York Times* Book Review Favorite Read of 2016 "Despair is always described as dull," writes Daphne Merkin, "when the truth is that despair has a light all its own, a lunar glow, the color of mottled silver." *This Close to Happy*—Merkin's rare, vividly personal account of what it feels like to suffer from clinical depression—captures this strange light. Daphne Merkin has been hospitalized three times: first, in grade school, for childhood depression; years later, after her daughter was born, for severe postpartum depression; and later still, after her mother died, for obsessive suicidal thinking. Recounting this series of hospitalizations, as well as her visits to myriad therapists and psychopharmacologists, Merkin fearlessly offers what the child psychiatrist Harold Koplewicz calls "the inside view of navigating a chronic psychiatric illness to a realistic outcome." The arc of Merkin's affliction is lifelong, beginning in a childhood largely bereft of love and stretching into the present, where Merkin lives a high-functioning life and her depression is manageable, if not "cured." "The opposite of depression," she writes with characteristic insight, "is not a state of unimaginable happiness . . . but a state of relative all-right-ness." In this dark yet vital memoir, Merkin describes not only the harrowing sorrow that she has known all her life, but also her early, redemptive love of reading and gradual emergence as a writer. Written with an acute understanding of the ways in which her condition has evolved as well as affected those around her, *This Close to Happy* is an utterly candid coming-to-terms with an illness that many share but few talk about, one that remains shrouded in stigma. In the words of the distinguished psychologist Carol Gilligan, "It brings a stunningly perceptive

voice into the forefront of the conversation about depression, one that is both reassuring and revelatory.”

Funny, sad, full of wonderful characters and the word-perfect dialogue of which he is the master, McMurtry brings the Thalia saga to an end with Duane confronting depression in the midst of plenty. Surrounded by his children, who all seem to be going through life crises involving sex, drugs, and violence; his wife, Karla, who is wrestling with her own demons; and friends like Sonny, who seem to be dying, Duane can't seem to make sense of his life anymore. He gradually makes his way through a protracted end-of-life crisis of which he is finally cured by reading Proust's Remembrance of Things Past, a combination of penance and prescription from Dr. Carmichael that somehow works. Duane's *Depressed* is the work of a powerful, mature artist, with a deep understanding of the human condition, a profound ability to write about small-town life, and perhaps the surest touch of any American novelist for the tangled feelings that bind and separate men and women.

THE DEPARTED HAVE ARRIVED. The world is not the way it was. The dead have risen, and the living are under attack. The powerful Church of Real Truth, in charge since the government fell, has sworn to reimburse citizens being harassed by the deceased. Enter Chess Putnam, a fully tattooed witch and freewheeling ghost hunter. She's got a real talent for banishing the wicked dead. But Chess is keeping a dark secret: She owes a lot of money to a murderous drug lord named Bump, who wants immediate payback in the form of a dangerous job that involves black magic, human sacrifice, a nefarious demonic creature, and enough wicked energy to wipe out a city of souls. Toss in lust for a rival gang leader and a dangerous attraction to Bump's ruthless enforcer, and Chess begins to wonder if the rush is really worth it. Hell, yeah.

BONUS: This edition contains an excerpt from Stacia Kane's *Unholy Magic*.

A sampling of the writings of Chinese women poets from ancient times to the twentieth century is accompanied by brief biographies and a discussion of their influence on Chinese literature.

What does it mean to have, or to love, a black body? Taking on the challenge of interpreting the black body's dramatic role in American culture are thirty black, white, and biracial contributors—award-winning actors, artists, writers, and comedians—including voices as varied as President Obama's inaugural poet Elizabeth Alexander, actor and bestselling author Hill Harper, political strategist Kimball Stroud, television producer Joel Lipman, former Saturday Night Live writer Anne Beatts, and singer-songwriter Jason Lockett. Ranging from deeply serious to playful, sometimes hilarious, musings, these essays explore myriad issues with wisdom and a deep sense of history. Meri Nana-Ama Danquah's unprecedented collection illuminates the diversity of identities and individual experiences that define the black body in our culture.

Unholy Ghost is a unique collection of essays about depression that, in the spirit of William Styron's *Darkness Visible*, finds vivid expression for an elusive illness suffered by more than one in five Americans today. Unlike any other memoir of depression, however, *Unholy Ghost* includes many voices and depicts the most complete portrait of the illness. Lauren Slater eloquently describes her own perilous experience as a pregnant woman on antidepressant medication. Susanna Kaysen, writing for the first time about depression since *Girl, Interrupted*, criticizes herself and others for making

too much of the illness. Larry McMurtry recounts the despair that descended after his quadruple bypass surgery. Meri Danquah describes the challenges of racism and depression. Ann Beattie sees melancholy as a consequence of her writing life. And Donald Hall lovingly remembers the "moody seesaw" of his relationship with his wife, Jane Kenyon. The collection also includes an illuminating series of companion pieces. Russell Banks's and Chase Twichell's essays represent husband-and-wife perspectives on depression; Rose Styron's contribution about her husband's struggle with melancholy is paired with an excerpt from William Styron's *Darkness Visible*; and the book's editor, Nell Casey, juxtaposes her own essay about seeing her sister through her depression with Maud Casey's account of this experience. These companion pieces portray the complicated bond -- a constant grasp for mutual understanding forged by depressives and their family members. With an introduction by Kay Redfield Jamison, *Unholy Ghost* allows the bewildering experience of depression to be adequately and beautifully rendered. The twenty-two stories that make up this book will offer solace and enlightenment to all readers.

A compulsively readable novel of enormous charm swimming in the cuisine and culture of the Faroe Islands from the author of *Girl, Interrupted*. Jonathan Brand, a graduate student in anthropology, has decided to do his fieldwork in the remote Faroe Islands in the North Atlantic. But, despite his Harvard training, he can barely understand, let alone "study," the culture he encounters. From his struggles with the local cuisine to his affair with the Danish woman the locals want him to marry, Jonathan is both repelled by and drawn into the Faroese way of life. Wry and insightful, *Far Afield* reveals Susanna Kaysen's gifts of imagination, satire, and compassion.

“Dictionary, n: A malevolent literary device for cramping the growth of a language and making it hard and inelastic. This dictionary, however, is a most useful work.” Bierce’s groundbreaking *Devil’s Dictionary* had a complex publication history. Started in the mid-1800s as an irregular column in Californian newspapers under various titles, he gradually refined the new-at-the-time idea of an irreverent set of glossary-like definitions. The final name, as we see it titled in this work, did not appear until an 1881 column published in the periodical *The San Francisco Illustrated Wasp*. There were no publications of the complete glossary in the 1800s. Not until 1906 did a portion of Bierce’s collection get published by Doubleday, under the name *The Cynic’s Word Book*—the publisher not wanting to use the word “Devil” in the title, to the great disappointment of the author. The 1906 word book only went from A to L, however, and the remainder was never released under the compromised title. In 1911 the *Devil’s Dictionary* as we know it was published in complete form as part of Bierce’s collected works (volume 7 of 12), including the remainder of the definitions from M to Z. It has been republished a number of times, including more recent efforts where older definitions from his columns that never made it into the original book were included. Due to the complex nature of copyright, some of those found definitions have unclear public domain status and were not included. This edition of the book includes, however, a set of definitions attributed to his one-and-only “*Demon’s Dictionary*” column, including Bierce’s classic definition of A: “the first letter in every properly constructed alphabet.” Bierce enjoyed “quoting” his pseudonyms in his work. Most of the poetry, dramatic scenes and stories in this book attributed to others were self-authored and do not exist outside of this work. This includes the prolific Father Gassalasca Jape, whom

he thanks in the preface—"jape" of course having the definition: "a practical joke." This book is a product of its time and must be approached as such. Many of the definitions hold up well today, but some might be considered less palatable by modern readers. Regardless, the book's humorous style is a valuable snapshot of American culture from past centuries. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? **NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

A hip new anthology of fiction and memoir by African-American women writers showcases twenty-three fresh voices in American literature, including Rebecca Walker, ZZ Packer, Danzy Senna, and Carolyn Ferrell. Reprint. 15,000 first printing.

The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, and hope for all those who have struggled with depression. Contributors to *Shades of Blue* include: Barbara Abercrombie, Sherry Amatenstein, Regina Anavy, Chloe Caldwell, Jimmy Camp, Debra LoGuercio DeAngelo, Marika Rosenthal Delan, Hollye Dexter, Beverly Donofrio, Beth Bornstein Dunnington, Matt Ebert, Betsy Graziani Fasbinder, Zoe FitzGerald Carter, Pam L. Houston, David Lacy, Patti Linsky, Mark S. King, Caroline Leavitt, Karen Lynch, Lira Maywood, C.O. Moed, Mark Morgan, Linda Joy Myers, Christine Kehl O'Hagan,

Jennifer Pastiloff, Ruth Pennebaker, Angela M. Giles Patel, Alexa Rosalsky, Elizabeth Rosner, Kathryn Rountree, Kitty Sheehan, Jenna Stone, judywhite, and Samantha White. *Shades of Blue* brings the conversation around depression and sadness into the open with real, first-hand accounts of depression and mental health issues, offering empathy to all those who have been affected by these issues. It's time to scream out loud against this silent annihilator: We are not alone.

"I highly recommend [A Bright Red Scream], because it's beautifully written and . . . so candid." —Amy Adams, star of HBO's *Sharp Objects* in *Entertainment Weekly*

Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their numbers include the actor Johnny Depp, *Girl Interrupted* author Susanna Kaysen, and the late Princess Diana. Mistakenly viewed as suicide attempts or senseless masochism—even by many health professionals—"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves—who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. *A Bright Red Scream* is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists.

"There was very fine, an elegant pain, hardly a pain at all, like the swift and fleeting burn of a drop of hot candle wax...Then the blood welled up and began to distort the pure, stark edges of my delicately wrought wound. "The chaos in my head spun itself into a silk of silence. I had distilled myself to the immediacy of hand, blade, blood, flesh." There are an estimated two to three million "cutters" in America, but experts warn that, as with anorexia, this could be just the tip of the iceberg of those affected by this little-known disorder. Cutting has only just begun to enter public consciousness as a dangerous affliction that tends to take hold of adolescent girls and can last, hidden and untreated, well into adulthood. Caroline Kettlewell is an intelligent woman with a promising career and a family. She is also a former cutter, and the first person to tell her own story about living with and overcoming the disorder. She grew up on the campus of a boys' boarding school where her father taught. As she entered adolescence, the combination of a family where frank discussion was avoided and life in what seemed like a fishbowl, where she and her sister were practically the only girls the students ever saw, became unbearable for Caroline. She discovered that the only way to find relief from overpowering feelings of self-consciousness, discomfort, and alienation was to physically hurt herself. She began cutting her arms and legs in the seventh grade, and continued into her twenties. Why would a rational person resort to such extreme measures? How did she recognize and overcome her problem? In a memoir startling for its honesty, humor, and poignancy, Caroline Kettlewell offers a clear-eyed account of her own struggle to survive this debilitating affliction.

A riveting true story of sisters who were identical, until the voices began *Growing up in the fifties*, Carolyn Spiro was always in the shadow of her more intellectually dominant and socially outgoing twin, Pamela. But as the twins approached adolescence, Pamela

began to suffer the initial symptoms of schizophrenia, hearing disembodied voices that haunted her for years and culminated during her freshman year of college at Brown University where she had her first major breakdown and hospitalization. Pamela's illness allowed Carolyn to enter the spotlight that had for so long been focused on her sister. Exceeding everyone's expectations, Carolyn graduated from Harvard Medical School and forged a successful career in psychiatry. Despite Pamela's estrangement from the rest of her family, the sisters remained very close, "bonded with the twin glue," calling each other several times a week and visiting as frequently as possible. Carolyn continued to believe in the humanity of her sister, not merely in her illness, and Pamela responded. Told in the alternating voices of the sisters, *Divided Minds* is a heartbreaking account of the far reaches of madness as well as the depths of ambivalence and love between twins. It is a true and unusually frank story of identical twins with very different identities and wildly different experiences of the world around them. It is one of the most compelling histories of two such siblings in the canon of writing on mental illness.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God. The popular Unity minister who authored the acclaimed *Discover the Power Within You* offers a non-theological, non-ritualistic guide to prayer for contemporary seekers of oneness, guidance, and self-regulation.

Genre studies and genre approaches to literacy instruction continue to develop in many regions and from a widening variety of approaches. Genre has provided a key to understanding the varying literacy cultures of regions, disciplines, professions, and educational settings. *GENRE IN A CHANGING WORLD* provides a wide-ranging sampler of the remarkable variety of current work. The twenty-four chapters in this volume, reflecting the work of scholars in Europe, Australasia, and North and South America, were selected from the over 400 presentations at SIGET IV (the Fourth International Symposium on Genre Studies) held on the campus of UNISUL in Tubarão, Santa Catarina, Brazil in August 2007—the largest gathering on genre to that date. The chapters also represent a wide variety of approaches, including rhetoric, Systemic Functional Linguistics, media and critical cultural studies, sociology, phenomenology, enunciation theory, the Geneva school of educational sequences, cognitive psychology, relevance theory, sociocultural psychology, activity theory, Gestalt psychology, and schema theory. Sections are devoted to theoretical issues, studies of genres in the professions, studies of genre and media, teaching and learning genre, and writing across the curriculum. The broad selection of material in this volume displays the full range of contemporary genre studies and sets the ground for a next generation of work.

Combining a scholar's care and thoroughness with searing personal insight, Karp brings the private experience of depression into sharp relief, drawing on a remarkable series of intimate interviews with 50 depressed men and women. This important book pierces through the terrifying isolation of depression to uncover the connections linking the depressed as they undertake their personal journeys.

A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts. An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, *The Imp of the Mind* provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of *Living with Fear: Understanding and Coping with Anxiety*).

The collected poetry and prose of sixty-five nurses, representing men and women in a variety of medical fields, covers a wide range of subjects, from confronting mortality to empathy to the role of caregiver. Original. (Literature) In a series of brief, moving vignettes, the author describes her daily life with Obsessive Compulsive Disorder with honesty and humor, reflecting on her colorful family and friends and her deep relationship with her husband. Reprint. Each year more than 17 million Americans suffer from a depressive illness, yet few suffer in solitude. *How You Can Survive When They're Depressed* explores depression from the perspective of those who are closest to the sufferers of this prevalent disorder--spouses, parents, children, and lovers--and gives the successful coping strategies of many people who live with a clinical depressive or manic-depressive and often suffer in silence, believing their own problems have no claim to attention. Depression fallout is the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. Sheffield outlines the five stages of depression fallout: confusion, self-doubt, demoralization, anger, and finally, the desire to escape. Many people will find relief in the knowledge that their self-blame, guilt, sadness, and resentment are a natural result of living with a depressed person. Sheffield brings together many real-life examples from the pioneering support group she attends at Beth Israel Medical Center of how people with depression fallout have learned to cope. From setting boundaries to maintaining an outside social life, she gives practical tactics for handling the challenges and emotional stresses on a day-to-day basis. In this eloquent collection of essays—from the editor of the national bestseller

Unholy Ghost: Writers on Depression—contributors reveal their experiences in caring for family through illness and death Today, thirty million people look after frail family members in their own homes. This number will increase drastically over the next decade—as baby boomers tiptoe toward old age; as soldiers return home from war wounded, mentally and physically; as a growing number of Americans find themselves caught between the needs of elderly parents and young children; as medical advances extend lives and health insurance fails to cover them. This compelling book offers both literary solace and guidance to the people who find themselves witness to—and participants in—the fading lives of their intimates. Some of the country's most accomplished writers offer frank insights and revelations about this complex relationship. Julia Glass describes the tension between giving care—to her two young sons—and needing care after being diagnosed with breast cancer; Ann Harleman explores her decision to place her husband in an institution; Sam Lipsyte alternates between dark humor and profound understanding in telling the story of his mother's battle with cancer; Ann Hood wishes she'd had more time as a caregiver, to prepare herself for the loss of her daughter; Andrew Solomon examines the humbling experience of returning as an adult to be cared for by his father; cartoonist Stan Mack offers an illustrated piece about the humor and hell of making his way through the medical bureaucracy alongside his partner, Janet; Julia Alvarez writes about the competition between her and her three sisters to be the best daughter as they tend to their ailing parents. *An Uncertain Inheritance* examines the caregiving relationship from every angle—children caring for parents; parents caring for children; sib-lings, spouses, and close friends, all looking after one another—to reveal the pain, intimacy, and grace that take place in this meaningful connection. A nuanced psychological portrait of Abraham Lincoln that finds his legendary political strengths rooted in his most personal struggles. Giving shape to the deep depression that pervaded Lincoln's adult life, Joshua Wolf Shenk's *Lincoln's Melancholy* reveals how this illness influenced both the President's character and his leadership. Mired in personal suffering as a young man, Lincoln forged a hard path toward mental health. Shenk draws on seven years of research from historical record, interviews with Lincoln scholars, and contemporary research on depression to understand the nature of Lincoln's unhappiness. In the process, Shenk discovers that the President's coping strategies—among them, a rich sense of humor and a tendency toward quiet reflection—ultimately helped him to lead the nation through its greatest turmoil. A *New York Times Book Review* Editors' Choice **SELECTED AS A BEST BOOK OF THE YEAR:** *Washington Post Book World*, *Atlanta Journal-Constituion*, *St. Louis Post-Dispatch*, *Pittsburgh Post-Gazette* As Featured on the History Channel documentary *Lincoln* “Fresh, fascinating, provocative.”—Sanford D. Horwitt, *San Francisco Chronicle* “Some extremely beautiful prose and fine political rhetoric and leaves one feeling close to Lincoln, a considerable accomplishment.”—Andrew Solomon, *New York Magazine* “A profoundly human and psychologically important examination of the

melancholy that so pervaded Lincoln's life.”—Kay Redfield Jamison, Ph.D., author of *An Unquiet Mind*

Examines the author's personal struggle with depression, the hidden roots of her illness, the effect it had on her life, and her ability to cope with the disease through the support of other African-American women.

Depression is a mood disorder that affects one in ten Americans in any given year. At one time too stigmatized to be mentioned in polite conversation, depression is now discussed frankly in the media, and advertisements for drug therapy appear everywhere. The third edition of this widely acclaimed book reflects changes in how mood disorders are thought about, and how they are treated. Dr. Francis Mark Mondimore, author of the best-selling book *Bipolar Disorder: A Guide for Patients and Families*, here explains depression—its causes and symptoms, and its treatment. He discusses depression in all age groups and in both sexes, as well as bipolar disorder, seasonal affective disorders, and depression that accompanies illness. This edition encompasses more than a decade of new research, advances in pharmacology, and changes in public perception. The past ten years have seen the release of new forms of the major antidepressants as well as other promising new avenues in pharmaceutical treatments. For example "atypical" or "second generation" antidepressants, such as venlafaxine and duloxetine, provide different ways of manipulating the chemical systems in the brain concerned with mood. And there have been significant advances in the use of MAO inhibitors, now available in patch form. Dr. Mondimore reviews these and other pharmacological therapies as part of a comprehensive approach to treatment that includes psychotherapy, family and community support, and lifestyle changes. Full of information compassionately presented, this guide provides hope and help to patients and their families. The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies.

The author relates her odyssey through the world of gynecological medicine in an attempt to diagnose a mysterious disorder, and addresses larger questions that arise when sexual pleasure is replaced by pain.

Like his brother before him, Stringer was surrendered to foster care, shortly after birth, by his unwed and underemployed mother—a common practice for unmarried women in mid-century America. Less common was that she returned six years later to reclaim her children. Rather than leading to a happy ending, though, this is where Stringer's story begins. The clash of being poor and black in an affluent, largely white New York suburb begins to foment pain and rage which erupts, more often than not, when he is at school. One violent episode results in his expulsion from the sixth grade and his subsequent three-year stint at Hawthorne, the "sleepaway school" of the title. What follows is an intensely personal, American journey: a universal story of childhood where childhood universals are absent. We experience how a child fashions his life out of the materials given to

him, however threadbare. This is a "boy-meets-world" story, the chronicle of one child's struggle simply to be.

David's *Inferno* combines intensely personal reminiscences of a two-year nervous breakdown with contemporary insights on how manic-depression manifests and how it is diagnosed and treated. Author David Blistein shares his experiences to shed light on the darkness of depression for fellow travelers as well as those who care about them. Millions of people suffer from major depressive episodes. All of them want relief but, more importantly, most simply want to know that they are not alone. With gentle wry humor and a compassionate tone, David's *Inferno* offers a tale of realization, acceptance, and hope. It is neither prescriptive nor opinionated, seeing all forms of therapy as potentially beneficial in the continuum of care. David's *Inferno* is also an ideal book for friends and family of those suffering from depression, helping them to better understand what their loved ones are experiencing.

Fleeing home from his military service in Afghanistan when his wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of *Come Home*. 300,000 first printing.

A collection of writings includes images of a variety of handwritten speeches, letters, and childhood notebooks, accompanied by commentary by James M. McPherson, Ken Burns, Doris Kearns Goodwin, John Updike, Toni Morrison, and other notables.

Dinah Sachs and Asa Thayer have had a love affair, conducted in afternoons stolen from the office of the magazine where they work. But now that the affair is over, Dinah, in an act of lingering passion, invents a narrative of Asa's youth, imagining the events that shaped the "happy, handsome man" who, in her words, "was born to stomp on my heart." Witty and sexy, funny and immediate, Asa, *As I Knew Him* is a seductive dialogue between love and memory, obsession and illusion.

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.

In this book, depression is explored as a form of loss that manifests itself as an

inability to connect with others, to narrate one's own existence, to derive meaning from life experiences, and ultimately, to symbolically represent one's inner world. This loss has the capacity to evolve into a chronic condition that can be seen as a form of subjective darkness. A hermeneutic, interpretative phenomenological approach is used that seeks to preserve the individual voices of each narrative, while embedding their stories in theoretical and current literature on depression. The clinical cases of five individuals are used to elucidate some common characteristics of depressive experience. Themes of loss, death, darkness, the intergenerational transmission of trauma, and unmetabolized pain are explored through a psychoanalytic lens that seeks to shed light on the underlying dynamics of chronic depression.

Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans. We mean instead the everyday sort of anger, annoyance, and irritation that courses through the minds and bodies of many perfectly normal people. • If your immediate impulse when faced with everyday delays or frustrations—elevators that don't immediately arrive at your floor, slow-moving supermarket lines, dawdling drivers, rude teenagers, broken vending machines—is to blame somebody; • If this blaming quickly sparks your ire toward the offender; • If your ire often manifests itself in aggressive action; then, for you, getting angry is like taking a small dose of some slow-acting poison—arsenic, for example—every day of your life. And the result is often the same: Not tomorrow, perhaps, or even the day after, but sooner than most of us would wish, your hostility is more likely to harm your health than will be the case for your friend whose personality is not tinged by the tendencies to cynicism, anger, and aggression just described. In *Anger Kills*, learn how to recognize the symptoms of chronic anger in yourself, avoid feelings of hostility, and deal with hostility from others.

We live in an era of depression, a condition that causes extensive suffering for individuals and families and saps our collective productivity. Yet there remains considerable confusion about how to understand depression. *Depression: Integrating Science, Culture, and Humanities* looks at the varied and multiple models through which depression is understood. Highlighting how depression is increasingly seen through models of biomedicine—and through biomedical catch-alls such as "broken brains" and "chemical imbalances"—psychiatrist and cultural studies scholar Bradley Lewis shows how depression is also understood through a variety of other contemporary models. Furthermore, Lewis explores the different ways that depression has been categorized, described, and experienced across history and across cultures.

[Copyright: 4cf35808aed700f9327249aed4900e70](#)