

NATIONAL BESTSELLER

AN
UNQUIET
MIND

A MEMOIR OF MOODS AND MADNESS

Kay Redfield Jamison

"An invaluable memoir of manic depression,
at once medically knowledgeable, deeply
human and beautifully written...at times
poetic, at times straightforward,
always unashamedly honest."

—*The New York Times Book Review*



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An Unquiet Mind: A Memoir of Moods and Madness



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



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Beautifully written I've read several books on bipolar disorder which is one of the best. Jamison writes beautifully and from a fascinating perspective as both a clinician/researcher and a person with bipolar disorder. She offers you both the patient's perspective because she's it and she offers you the scientific perspective in ways the average person can understand. There is no remedy, but there is expect a fulfilling life with happiness!not technical enough to become a textbook, not really interesting enough to become a memoir. Jamison description of her personal bipolar disease should be read by anyone who is in close contact with a person with BPD. Most of all, I appreciated how the writer shared her multiple hospitalization stories. That's alright for a memoir such as this;The author gives you the most incredible and authentic perspective of the mental illness. Its even more vital that you know what to expect first and then dive into excellent memoirs like this one. As the wife of a person newly diagnosed with bipolar, I came across Jamison's tale both reassuring (she actually is functioning really well today) and terrifying (it had taken her quite a long time to accept the analysis and longer to accept taking meds consistently). Beautiful writing I loved this book. A must read Poetic and lyrical, this book was hard to place down. For instance, lithium works very well for Jamison and she repeatedly talks about how important it is in managing her bipolar.. Compassion and expertise combined with personal encounter makes this among the best books I have find out about this illness I share with the author. I thought I understood what BPD was about, but this publication opened my eyes to the difficulty a person with BPD has with drug effects and lack of energy and creativeness that is present in the hypomanic stages. Everyone with bipolar disorder must read. Incredibly heartbreaking yet hope-filled memoir on the subject of manic depressive illness. I today feel as if I can face my illness at once and encounter it without fear, with knowledge stored in my mind from this publication.) I learned so much from this account even though I am an 'previous' retired nurse who spent three months of my nursing education at students at a state mental hospital shortly prior to the deinstitutionalization motion happened, casting mentally ill people on the streets without a support network. This book is an inspirational & It's about 200 webpages, and I read it from start to complete in a couple hours. So it goes to show that it was interesting and entertaining plenty of to maintain me from putting it down, even though I had two more weeks to complete the book. Some parts of it seem oddly written, almost silly, almost much less such as a professional novel and similar to you're listening to someone casually talk. However, it was intriguing and a classic window into the mind of someone facing mental disease. A completely different perspective than learning about mental illnesses in a textbook style manner. I actually liked the perspective from a life long researcher of the illness coupled with self experience. Everything else seems in tact though.) I am attempting desperately to comprehend what my child experiences. Well written and understandable but occasionally word choice or phrases are too academic. She clarifies how she was diagnosing people who have the disease while denying the living of it in her brain. I'd have liked slightly additional information of the episodes (thoughts, feelings, encounters etc.) I am trying desperately to comprehend what my child experiences. Ive read enough to become terrified for him but I'd like a more detailed explanation. thoughtful story by someone who has lived with bipolar and treated it as a persistent disease. It is so very important to those around that are caring for someone with this illness to know what to search for and how to proceed when they see things that require to be studied care of! I will continue my seek out more information, I believe there's always something new to learn, something not used to try! I would suggest reading additional books for that information and read this one. A very good read. It has helped me learn more about myself and how to manage my illness. I originally found this

book through performing a college statement in a psychology course and I've passed out this book dozens of times because when I come across someone coping with bipolar disease either personally or through friends and family. This is an extremely brave and personal memoir and no doubt has and will benefit many sufferers of bipolar disease and those who love them. A robust story that encourages others I chose to read this book due to the number of people in my life who have this kind of problem. It met my expectations and helped me to develop higher understanding and empathy for others who have this condition. This book changes your life. Excellent book that can help you delve inside the mind of a person with bipolar disease. Kay Jamison includes a fascinating life, and her explanation of her academic and personal existence and how everything has been suffering from her illness is a pleasure to learn. The book taught me empathy and compassion for what others are going through. I just wouldn't recommend starting right here. To be very clear, this book does not offer suggestions on how exactly to manage the disorder or detailed descriptions of the symptoms. She takes you on her behalf personal journey sharing the way a bipolar brain thinks including her outright denial of the disease in her own brain for decades. I liked the perspective from a prolonged researcher of the condition combined with self encounter. Once she accepts the diagnosis she takes you right with her as she explains what the medications do the mind and just why people don't want to take them. She also explains the professional threat of coming forwards with this information. I would recommend this reserve to a person with bipolar disorder and specifically anyone who is trying to understand another person. Disappointing Disappointing examine after all the acclaim. Empathy I believe is easier for people to feel when they have a fundamental understanding of an issue. (as well as any one who would like to read an excellent reserve. Jamison does explain a few of the terminology but it's mostly focused on her personal encounters. It's lost somewhere in the middle. This book is beautifully written. Interesting Read I had to learn this book for one of my college classes. I recommend this book to anyone seeking to further understand as I want how it feels to undergo this, how to explain it to those around you and just why they have to know. Manic depressive illness A startling book about the symptoms and ramifications of mental illness and the survival of a specialist over achieving woman with such problems. But not everyone with bipolar disorder responds well to lithium and Jamison doesn't actually talk about other choices. Hospitalization is usually a critical step for stabilization for those struggling with bipolar. It helped me understand myself. Five Stars very helpful- Essential read for family of a bipolar person. Interesting and educational, but a lot more. This publication is an easy easy read and you turn out with a fresh appreciation of people in general. Its ok I had to learn it for my Abnormal Psychology. I didn't enjoy reading it. It's a must-read for family who want to understand what existence is like for their loved one. I've read enough to be terrified for him but I'd like a more detailed description. Damaged product It came damaged. I'd have liked slightly additional information of the episodes (thoughts, feelings, experiences etc. Read this book Well-written. Insightful. Certainly recommend.



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