



Touched with Fire

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**MANIC-DEPRESSIVE ILLNESS AND
THE ARTISTIC TEMPERAMENT**



By the bestselling author of An Unquiet Mind

Kay Redfield Jamison

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Touched with Fire: Manic-Depressive Illness and the Artistic
Temperament



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The definitive focus on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Brain*. The anguished and volatile intensity associated with the artistic temperament was once thought to be an indicator of genius or eccentricity peculiar to performers, authors, and musicians. Kay Jamison is plainly among the few who have a profound knowledge of the partnership that exists between art and madness” (William Styron). Among the foremost psychologists in the us, “ Jamison presents proof of the biological foundations of this disease and applies what is known about the condition to the lives and functions of a few of the world’s very best performers including Lord Byron, Vincent Van Gogh, and Virginia Woolf. Her work, predicated on her research as a scientific psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows had been actually engaged in challenging with clinically identifiable manic-depressive illness.



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This is an excellent read expressing reference to the great artist and genius . They wrestled with deep melancholy and mania which led many into asylums during and at the end of life..She explores the reason why artists, writers, and composers tend to be fearful of the dampening of creativity through the use of chemicals like lithium. The expression of the arts allows the person with manic-depression to express and create. Not Like Jamison's Autobiography Intense and hefty tome that's hard to stick to initially, therefore hard to can get on to the biographies if you're reading to be able. Manic-depression is greatly misunderstood. The mind may be lacking in certain chemicals, however in intelligence and talent the gifts are profound. I love realizing a number of the ideal artist and celebrated people suffered from the same disease I have. For anybody who wrestles with Bi-polar disease or disposition disorders, this is a wonderful source that shares research about a few of our most innovative writers, composers, creative geniuses and the "down side" of this genius. I look for books expressing mental wellness, and the positive influences of individuals. One Star no Five Stars GREAT Reserve. I would recommend this book. If history was shaped, in part, by a certain brain phenomenon still shifting its position in the diagnostic world, there should be curiosity kindled and analysis amped up. Probably the most remarkable books ever penned. You aren't simply on a see-noticed emotionally but can encounter dysphoric periods of blended depressive and manic symptoms. Jamison knows her stuff. Still, interesting speculation. Among the keys is usually that Dr. After scanning this reserve you will understand authors like Dorothy Parker and Virginia Woolf in a fresh light even though the writer doesn't talk about Parker. The nature of the illness can be one which causes the afflicted to occasionally rise to prominence because of the properties of the manic state where they may not need had the momentum and 'fire' were they not really of the afflicted. Although she often notes the inclination towards various addictions performers use to flee the erratic nature of mood disorders. it's not just those straight touched by Bipolar Disorder who should pay attention. Kindle This Fire Few authors can address the sensitive points of mental illness with such wisdom and discretion. As the author focuses on more acute cases of bipolar disorder, she will give hope to the world by explaining that many who've bipolar disorder do mostly live normal lives. A "Must Go through" for anybody who lives in the cycles of feeling instabilities. The heights of genius and deep paralyzing despair. I've had the satisfaction of meeting the past due Patty Duke an advocate for mental wellness, and Mariel Hemingway.. If you can contact becoming on an eternal rollercoaster of intense emotions normal or also bearable throughout an entire life. The gifts that are born in an area where most persons usually do not proceed and the deep cavernous black holes where no-one wants to proceed. ~Anne SextonAs the lives of numerous mercurial writers are explored, a common thread of imagination weaves itself into a blanket of madness which appears to look for to suffocate its victims with torturous feelings and dark nights of the soul. The reserve leaves out the textbook-like jargon but can be assembled like an smart albeit lengthy essay. She uses many concrete examples to share her results such as excerpts from biographies, letters, and most importantly poems.Poetry led me personally by the hand out of madness. Certainly a book to read for someone interesting in disposition disorders and poetry... Very moving, informative, and linked; With the raising parallels between Bipolar Disorder and the Schizophrenia spectrum disorders it provides even been given a place outside of the Feeling Disorders category. Also have a look at An Unquiet Mind An Analysis of the Artistic Temperament Who is this, who's this in the night of the heart?It is the thing that is not reached,the ghost seen by the soul. Thank you for bringing a positive light to the greatness of this disease. This theory is definitely explored in depth with over one-third of the book focused on cataloging the researcher's resources. She uncovers the lives of Robert Schumann, Ernest

Hemingway, Vincent Van Gogh, Herman Melville, Virginia Woolf, Samuel Taylor Coleridge and Alfred, Lord Tennyson. Throughout this brilliant work, Kay Redfield Jamison exhibits an insightful and calmly observant approach in the midst of manic-depressive complexity. This is an excellent read expressing reference to the fantastic artist and genius minds of people with manic-depressive illness. This topic is personal for me, but there is a truly worldwide audience for this book; The creative temperament appears to feed off emotional turmoil and often in the works of great poets we can feel the soul's turbulence. The reality of heightened imaginative powers, depression, insomnia, fatigue, quick thoughts, inflated self-esteem, panic attacks, rage and psychological intensity of various varieties can all swim about in an ocean of ever changing intervals of heightened creativity and suicidal tendencies. A whole lot of speculation. Generally the author explains just how many can live a standard life, yet as we browse the descriptions and excerpts, we soon realize many danced too near to the cliff of despair and became a danger to themselves. Kay Redfield Jamison presents sweeping overviews of several authors and then delves into individual experience. ~Sorley MacLean Touched with Fire reveals its secrets in startling revelations and comforting commentary. Others produce more composing in autumn.. There is a lot to learn here, like the difference between cyclothymia and manic-depressive illness. Some of the artists heal themselves through creative expression, especially in- may if they don't commit suicide in the same month. According to the writer and extensive evaluation of current research, moody musicians, volatile poets and troubled artists may actually be bipolar. She frequently quotes famous poets and authors in portraying their affect and how it styles their work. An Intriguing Read Within an amazingly thorough and critical exploration, Jamison reveals the relationship between feeling disorders and artistic expression. This then becomes a fascinating and intellectual examine for anyone who has an interest in writing, poetry, psychiatry or the artistic temperament. In the event that you write poetry or enjoy writing generally, this book could be most revealing and will explain why sometimes you might stay awake for 24 hours composing like mad and have absolutely no desire to create for weeks at a time. If those who can't help but dissect the brains of serial killers and gaze at the physical totem of Einstein's own were to return to circumstances of wonder at this ailment that provides and takes brilliance than perhaps the diagnostic system for mental illness could easily get a much-required reboot. It confirms the struggles of mood instabilities. While people who are bipolar may have periods if they feel absolutely good, there is always the fear of the unfamiliar, the dark night that's again approaching fast. Jamison addresses the taboo subject matter of Mania having 'helpful' effects along with harmful ones. ~The Rebecca Review bipolar disorder and its own successful treatment Read this if you think you or a close one is bipolar. The mind is constant in suffering, understanding, and selecting a have to be creative with expression. Very happy Interesting and engaging. Never like Jamison's autobiography, to my disappointment. Within this sea, brilliance is frequently born and fed by the storms raging in artist's thoughts. Touched with Fire was written long ago, it seems, but reaches even further into the past to examine the unique place Manic-Depression has had throughout history within an objective manner. I'm sure it includes some good details but for someone who's hardly received a analysis . Would recommend to anyone interested in poets or artists mentioned This is a litany of misery and suicide written just like a dissertation This is a litany of misery and suicide written like a dissertation.. Kay Redfield Jamison explores the bond between creative genius and mental illness by examining the lives, functions, and groups of historic writers, performers and musicians. Probably in a couple of years I'll be able to make some sense of it. Heavy on statistics. It was everything I expected and more educational than I expected!. People with BPD

will most likely feel much worse rather than better if they read this dark reserve. Manic-Depressive Illness (Bipolar Disorder I) is usually a terribly difficult disease to explain to those who have not had close contact with those afflicted. I'm sure it contains some good info but also for someone who's hardly received a diagnosis this book is indeed caught up on its qualifications and overly complex sentence structure that it can be quite mind-boggling. Her rates from their functions will sing to the soul of additional creative people. This is simply not a book for those who want things "dumbed down" to a magazine quiz. Truly creative people will never be afraid to increase their horizons, or their vocabulary, if necessary. Also, the true struggles and tales of individuals and the family who make an effort to hard to comprehend mental health.



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