

*A Mother Uncovers the Science behind
Three Generations of Mental Illness*

A LETHAL INHERITANCE

VICTORIA COSTELLO

FOREWORD BY TERRIE E. MOFFITT, PhD

Victoria Costello

A Lethal Inheritance: A Mother Uncovers the Science Behind Three Generations of Mental Illness.



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the author recounts how the mental unraveling of her seventeen-year-old son Alex compelled her to look back into family history for clues to his condition. only some secrets are lethal. and European family research identifying the initial signs of mental ailments that can be passed on from grandparents to parents and grandchildren.s family members mental illness had been given many names over at least four generations until this inherited conspiracy of silence finally endangered the youngest family, her children. In this riveting tale—component memoir, detective tale, and scientific investigation—Every family members has secrets; Ultimately she tied Alex's descent into hallucinations and months of shoeless wandering on the streets of LA to his great grandfather's suicide on a fresh York City railroad monitor in 1913. But this insight brought no quick relief. Costello depicts her struggle to get the best possible mental health care on her behalf sons and herself, treatment that ultimately brings each of them to full recovery.s diagnosis of paranoid schizophrenia, both she and her youngest child succumbed to two different mental disorders: major depression and anxiety disorder. Within two years of Alex' In the process, she discovers new science that explains how clusters of mental illness traverse family generations. She tracks ongoing medical trials to reverse the courses of these illnesses through early intervention with the most recent evidence-based treatments and will be offering brain-healthy choices individuals and families can make to prevent mental illness—From the Trade Paperback edition.K. In Victoria Costello' Artfully weaving the scientific in to the personal, Costello requires a journey to the far reaches of neuroscience and reviews back again on the startling results it is yielding about the complex interplay between genes and environment that drives mental disease, and what it right now tells us about how parents can trump a lethal inheritance.freeing long term generations to live healthier, happier lives. She shares the results of long-term U.



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Very interesting book This was an extremely interesting book about mental illness. I now realize why adolescents are so easily given anti-psychotic medication, and it right now makes some sense if you ask me. Essential read for parents regardless of whether you believe there's or is not mental illness in your ancestry. What a great thought. The book goes into more detail about how the brain works than is normally interesting to me, but I appreciated the author's story about how the actual fact of mental disease in her heritage therefore gradually unfolded for her. For some, it could be too close to the heart, reading this woman's story. I appreciate specifically the info about genetics. I still believe it's over-recommended, but I'm encouraged that the research is displaying that schizophrenia can be prevented. The writer brings to light the heartbreak and desolation experienced by those coping with the condition of mental illness. Whether your cause, your concern is mental wellness, learning disabilities, environmental security, addiction, prenatal care, cancer prevention/treatment or a bunch of other factors, this idea of G x E is essential. The memoir parts offer compelling evidence of the authors sincere motives in writing such a book. Thank you! This is a lot more than that. The genealogy bit was probably my least favorite but that only means I liked it instead of I loved it. Those that enjoy genealogy and have a family group history trail will like this section - a mini investigative drama snuck into a scientific memoir. Will probably be worth the purchase and I'll read the book again and again. This is more than that Beware if all you want is a good story. She plays no favorites, blames no singular entity, and makes no excuses. Costello has done an incredible amount of research in to the genetics, expression, analysis, and treatment of the schizoid spectrum and manic unhappiness (bipolar) disease. As a mom, Costello rightfully protects revealing too much about her sons, but I couldn't help curious about more about them as they struggled with moving through aspects of the disease. This seemed like a very honest publication, and it was also quite informative A book that gives hope Absolutely marvelous. thinking could be reframed and it really can make a notable difference. As well as the book makes it so crystal clear what the actions are that we can all take. It really is a pity this story is close to the heart of so many families. Great continue reading family problems wth mental illness An excellent read of a mother or father and her children in the mind field of mental illness. I am hoping the ethicists are maintaining. Stay tuned. Wow. Hugely hopeful. Totally surprising book. Thank you for taking the time to write this book. I read it slowly at first and then couldn't put it down. The number one take away I personally got from this book is that no matter what the analysis is, EVEN schizophrenia... Most of us are therefore a lot of what we received inside our DNA. We are able to do nothing about what we got other than to increase the positives and deal with negatives that people received with the toss of the genetic dice. That was some time back. Thanks again ! Repetitious, Yet Worthwhile Recommended for anyone and everyone who has experienced addiction and or mental illness in their family. It seems obvious to her right now, of course, but at that time, we miss factors. I found this book sufficient to lend to a few close friends who lent the reserve to some of their own friends. Just what a cool girl you are to be so open, actual and transparent, as you wrote this book. I did not enjoy the way it had been organized and wished for more . I am certain I'll never see this publication again. At least so far. A very important work As a mental health provider for children and family members I cannot recommend this book highly enough. It's an honest and accessible look at how mental disease transmits through generations, both by genetics and environment. It is easy to read and she offers several check lists and ways of identify and improve the lives of all who come in contact with these disorders, which is all of us. Essential read for anyone who has EVER struggled with mental

illness or has a genealogy of addiction, bipolar disorder, depression, conduct complications, ADHD etc. The book is still on loan, making the circuit to close friends of friends... This book is a combination memoir and compilation on medical studies on mental illness. I did so not enjoy the way it had been organized and wished for even more memoir and less clinical information, which will without doubt become dated over time. A Lethal Inheritance: A Mom Uncovers the Science Behind Three Generations of mental Illness I'll need to read this publication again to grasp all the information there is to consider. However mainly because a family group member who is watching others go through addiction and depressive disorder this publication has uncovered many avenues for treatment and scientific discovery. There is a great deal of material to absorb and it is a reserve that will provoke much thought and discussion. I really appreciated her honesty about both her personal lifestyle and the positive and negative problems of current mental wellness treatments. As a mother new to this trip your words, wisdom, encounter, and depth of knowledge helped me personally understand this journey better! More often than not severely mentally ill people are unable to get themselves of treatment... Book is an easy read. Ms Costello bravely combines her personal and family members mental health background with some of the most recent scientific information about genetics, brain advancement and influence of the environment to the development and possible life complications of mental illness. I valued the author's honesty, and also the hope she offers to people who have problems with serious mental disease. Recovery is possible. I checked this out from the library, and loved it so much I purchased a copy so I could underline in it. Mental illness is a disease not a moral failing. Close to finishing this book. Tale of my life on many levels. and liked it so much I purchased a copy therefore i . Assuming quality treatment is normally available and affordable. Stigma, insufficient funding, poorly trained suppliers, resistance to treatment, nothing much has changed in the past 40 years. Learning about the intersection of genetics and environment is vital for living in today's world. Researchers are working on manipulating genes; This book is part memoir and part science writing. Beware if all you have to is an excellent story.



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