

Kay Jamison An Unquiet Mind

Kay R. Jamison

An Unquiet Mind Kay Redfield Jamison, 2009-01-21 NATIONAL BESTSELLER • A deeply powerful memoir about bipolar illness that has both transformed and saved lives—with a new preface by the author. 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 Kay R. Jamison, 1996 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.

An Unquiet Mind Kay R. Jamison, 1996

An Unquiet Mind Kay Redfield Jamison, 1996 The author recounts her own personal struggle with manic-depression and how it has shaped her life.

Summary of Kay Redfield Jamison's An Unquiet Mind Everest Media, 2022-03-04T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I was born into a family of pilots. I grew up listening to the sounds of planes taking off and landing, which always filled me with excitement. I loved the vastness of the sky, and I was a part of those who loved the vastness of the sky. #2 I idolized my older brother, who was the eldest of the three of us children, and was always willing to help me out. I felt protected by his presence. #3 My sister and I had very happy childhoods, and we were always surrounded by love and support. She had a very active imagination and was a talented artist, while I was the quiet one who loved to listen to music. #4 My father, who was a professor of physics at UCLA, was extremely generous and charismatic. He gave me a bracelet inscribed with words from Michael Faraday, which were inscribed over the physics building at UCLA.

Fires in the Dark Kay Redfield Jamison, 2024-05-14 The acclaimed author of *An Unquiet Mind* considers the age-old quest for relief from psychological pain and the role of the exceptional healer in the journey back to health. “To treat, even to

cure, is not always to heal.” In this expansive cultural history of the treatment and healing of mental suffering, Kay Jamison writes about psychotherapy, what makes a great healer, and the role of imagination and memory in regenerating the mind. From the trauma of the battlefields of the twentieth century, to those who are grieving, depressed, or with otherwise unquiet minds, to her own experience with bipolar illness, Jamison demonstrates how remarkable psychotherapy and other treatments can be when done well. She argues that not only patients but doctors must be healed. She draws on the example of W.H.R. Rivers, the renowned psychiatrist who treated poet Siegfried Sassoon and other World War I soldiers, and discusses the long history of physical treatments for mental illness, as well as the ancient and modern importance of religion, ritual, and myth in healing the mind. She looks at the vital role of artists and writers, as well as exemplary figures, such as Paul Robeson, who have helped to heal us as a people. *Fires in the Dark* is a beautiful meditation on the quest and adventure of healing the mind, on the power of accompaniment, and the necessity for knowledge.

Exuberance Kay Redfield Jamison, 2004-09-28 A national bestselling author examines one of the mind's most exalted states—one that is crucially important to learning, risk-taking, social cohesiveness, and survival itself. “[Jamison is] that rare writer who can offer a kind of unified field theory of science and art.” —The Washington Post Book World With the same grace and breadth of learning she brought to her studies of the mind's pathologies, Kay Redfield Jamison examines one of its most exalted states: exuberance. This “abounding, ebullient, effervescent emotion” manifests itself everywhere from child's play to scientific breakthrough. *Exuberance: The Passion for Life* introduces us to such notably irrepressible types as Teddy Roosevelt, John Muir, and Richard Feynman, as well as Peter Pan, dancing porcupines, and Charles Schulz's Snoopy. It explores whether exuberance can be inherited, parses its neurochemical grammar, and documents the methods people have used to stimulate it. The resulting book is an irresistible fusion of science and soul.

Nothing Was the Same Kay Redfield Jamison, 2009-09-15 A penetrating psychological study of grief viewed from deep inside the experience itself—from the national bestselling author of *Unquiet Mind*. 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.

Manic-Depressive Illness Frederick K. Goodwin, Kay Redfield Jamison, 2007-03-22 This long-awaited second edition of *Manic-Depressive Illness* will exhaustively review the biological and genetic literature that has dominated the field in recent years, and incorporate cutting-edge research conducted since publication of the first edition. Drs. Frederick Goodwin and Kay Redfield Jamison have updated their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. This book will be a valuable addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive

illness.

Touched With Fire Kay Redfield Jamison, 1996-10-18 The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

Touched with Fire Kay R. Jamison, 1994 From the author of the New York Times bestseller, *An Unquiet Mind*, *Touched with Fire* is an authoritative look at the relationship between manic-depressive illness and the artistic temperament. Psychiatrist Jamison advocates a restrained, humanistic approach to treatment that does not cure the disorder at the expense of artistic inspiration.

An Unquiet Mind, 2012 From Kay Redfield Jamison - an international authority on manic-depressive illness, and one of the few women who are full professors of medicine at American universities - a remarkable personal testimony: the revelation of her own struggle since adolescence with manic-depression, and how it has shaped her life. Vividly, directly, with candor, wit, and simplicity, she takes us into the fascinating and dangerous territory of this form of madness - a world in which one pole can be the alluring dark land ruled by what Byron called the melancholy star of the imagination, and the other a desert of depression and, all too frequently, death. A moving and exhilarating memoir by a woman whose furious determination to learn the enemy, to use her gifts of intellect to make a difference, led her to become, by the time she was forty, a world authority on manic-depression, and whose work has helped save countless lives.

Nothing Was the Same Associate Professor Department of Psychiatry Kay Redfield Jamison, PH.D., 2014-05-10 From the internationally acclaimed author of *An Unquiet Mind* comes a haunting meditation on mortality, grief, and loss.

Nothing was the Same Kay R. Jamison, 2009 In spare and at times strikingly lyrical prose, Jamison (*An Unquiet Mind*) looks back at her relationship with her husband, Richard Wyatt, a renowned scientist who battled severe dyslexia to become one of the foremost experts on schizophrenia.

The Arvon Book of Literary Non-Fiction Sally Cline, Midge Gillies, 2012-10-25 The Arvon Book of Literary Non-Fiction is an essential guide to writing in a wide range of genres, from travel writing to feminist polemic and writing on nature, history, death, friendship and sexuality. Part 1 explores the full range of genres and asks the question: what is literary non-fiction?

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Night Falls Fast Kay Redfield Jamison, 2011-01-12 Critical reading for parents, educators, and anyone wanting to understand the tragic epidemic of suicide—"a powerful book [that] will change people's lives—and, doubtless, save a few (Newsday). 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. From the author of the best-selling memoir, *An Unquiet Mind*—and an internationally acknowledged authority on depression—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.

Absolutely Nothing Darielys Tejera, 2009-06-04 The purpose of this book is to give hope to those going through the same situation as Ms. Tejera once did. To put out something in which people can relate to, to have others be aware that suicide does occur, it does happen and no one is alone in it. Some people have gifts while others have to find their meaning. I realized my gifts and found my purpose which was to help someone else. There for I decided to write this book. I think that is why we are all here, the purpose we serve in our life through some time or another, through some way, shape or form is to save someone else whether you know it or not.

Literary Non-Fiction: A Writers' & Artists' Companion Sally Cline, Midge Gillies, 2015-11-19 *Literary Non-Fiction: A Writers' & Artists' Companion* is an essential guide to writing in a wide range of genres, from travel writing to feminist polemic and writing on nature, history, death, friendship and sexuality. Part 1 explores the full range of genres and asks the question: what is literary non-fiction? Part 2 includes tips by such bestselling literary non-fiction writers as: Lisa Appignanesi, Rosemary Bailey, Gillian Beer, Bidisha, Lizzie Collingham, William Dalrymple, Stevie Davies, Colin Grant, Rahila Gupta, Philip Hoare, Siri Hustvedt, Alice Kessler-Harris, Barry Lopez, Richard Mabey, Robert Macfarlane, Sara Maitland, Neil McKenna, Caroline Moorehead, Susie Orbach, Jennifer Potter, Susan Sellers, Dava Sobel, Diana Souhami, Dale Spender, Francis Spufford, Daniel Swift, Colin Thubron, Natasha Walter, Sara Wheeler and Simon Winchester. Part 3 offers practical

advice - from planning and researching to writing a proposal and finding an agent or a publisher when your work is complete.

Surviving Manic Depression Edwin Fuller Torrey, Michael B. Knable, 2002-01-03 A groundbreaking guide to manic depression, which affects more than two million people in the U.S. alone, is drawn from the most recent research, furnishing in-depth coverage on every aspect of the ailment, from symptoms, psychotherapy, and rehabilitation to special problems arising out of this disorder, such as violent behavior, suicide, sex, AIDS, and alcohol and drug abuse.

Night Falls Fast Kay Redfield Jamison, 1999-03

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