

An Unquiet Mind: A Memoir of Moods and Madness

By Kay Redfield Jamison

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An Unquiet Mind: A Memoir of Moods and Madness By Kay Redfield Jamison

WITH A NEW PREFACE BY THE AUTHOR

In her bestselling classic, *An Unquiet Mind,* Kay Redfield Jamison changed the way we think about moods and madness.

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* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

From the Trade Paperback edition.

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Editorial Review

Amazon.com Review
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 shaped her life. With vivid prose and wit, 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.

From Publishers Weekly
Johns Hopkins psychiatry professor Jamison, whose Touched with Fire addressed the link between manic-depressive illness and creativity, offers a poignant and powerful memoir of her own struggles with and triumphs over the disease. Her story suggests that, yes, with lithium as regulator, psychotherapy as sanctuary, professional support and love, manic-depressive illness can be managed. The illness is often genetic, and Jamison's exuberant but depressive father was a portent. Her first wave of mania came in high school, but college was a struggle marked by violent moods and passions, and grad school pushed her over the edge. During her first decade on lithium, the drug's side effects blurred her vision so that she could concentrate only on journal articles or poetry. Eventually she attempted suicide. The author's traumas helped drive her academic passions; her work also led her to a happy marriage. She has not had children of her own and raises eloquent?unanswerable?questions about manic-depressives bearing children. 75,000 first printing; Literary Guild and Doubleday Book Club alternates; author tour.
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From Library Journal
This incredibly insightful work chronicles the life of a psychologist and professor of psychiatry at Johns Hopkins University who suffers from manic depression. Jamison began experiencing mood swings during adolescence but, despite her education and training, did not seek help until she had completed her doctorate and began teaching at UCLA. Like so many others suffering from manic depression, she felt initially that the depressions were only passing phases she'd have to work out herself. She experienced the manic phases as great periods of creativity and accomplishment and feared they would be deadened by using medication. (In an earlier book, Touched with Fire, LJ 2/15/93, Jamison explored the relationship between manic depression and creativity.) Jamison finally comes to grips with her illness and recognizes the importance of medication used in conjunction with psychotherapy. This combination of treatment controls her illness and has enabled her to succeed. Her story and writing style are both inspirational and educational. Highly recommended for all libraries.
Jennifer Amador, Central State Hosp. Medical Lib., Petersburg, Va.
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Janice Oconnell:

A lot of people always spent all their free time to vacation or even go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a guide. The book An Unquiet Mind: A Memoir of Moods and Madness it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore easily to read this book out of your smart phone. The price is not to fund but this book has high quality.

Jean Fair:

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