

Online Library Noonday Demon  
An Atlas Of Depression

# Noonday Demon An Atlas Of Depression

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one,

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examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of

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her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate

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health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving

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voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for

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the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against

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this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the

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vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of



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their loss and find a way to heal. From haunted houses to phantom ships, ghostly phenomena are everywhere! This intriguing guide explores dozens of cases, offering scientific and parapsychological explanations for these sightings. Each entry chronicles the date, location,

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and what occurred, offering historical context and an analytical assessment, while extensive appendices provide additional information. Illustrated with 100 black-and-white photographs, *Ghost Sightings* explores a subject that has fascinated and terrified people

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throughout history.

From the #1 New York Times bestselling author of *The Midnight Library*. "Destined to become a modern classic." —Entertainment Weekly  
WHAT DOES IT MEAN TO FEEL TRULY ALIVE? At the age of 24, Matt Haig's world caved in. He could see

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no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more

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than a memoir. It is a book about making the most of your time on earth. "I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to

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see it . . . Words, just sometimes,  
really can set you free."

A fascinating, "rich, and generous"  
(Financial Times) look at the  
treatment of depression by an award-  
winning science writer that blends  
popular science, narrative history,  
and memoir. Is depression a

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persistent low mood, or is it a range of symptoms? Can it be expressed through a single diagnosis, or does depression actually refer to a diversity of mental disorders? Is there, or will there ever be, a cure? In seeking the answers to these questions, Riley finds a rich history of

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ideas and treatments—and takes the reader on a gripping narrative journey, packed with fascinating stories like the junior doctor who discovered that some of the first antidepressants had a deadly reaction with cheese. “Interweaving memoir, case histories, and accounts



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of new therapies, Riley anatomizes what is still a fairly young science, and a troubled one” (The New Yorker). Reporting on the field of global mental health from its colonial past to the present day, Riley highlights a range of scalable therapies, including how a group of

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grandmothers stands on the frontline of a mental health revolution.

Hopeful, fascinating, and profound, A Cure for Darkness is “recommended reading for anyone with even a peripheral interest in depression” (Washington Examiner).

Nothing Feels Good

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A Memoir of Anxiety

How Death Becomes Life

The Irony Tower

Understanding Depression

Eyewitness Accounts of Paranormal  
Activity

Young Adult Edition--How Children  
and Their Parents Learn to Accept

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One Another . . . Our Differences  
Unite Us

The eye-opening and engrossing story of one woman's battle with suicidal depression—and her firsthand investigative journey to document the obstacles three

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hundred million people with depression face every day around the world

The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers,

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researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies.

Offers adaptation of the best-selling exploration of the impact of extreme differences between parents and

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children.

A riveting, revelatory, and moving account of the author's struggles with anxiety, and of the history of efforts by scientists, philosophers, and writers to understand the condition As recently as thirty-five

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years ago, anxiety did not exist as a diagnostic category. Today, it is the most common form of officially classified mental illness. Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often



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misunderstood. Drawing on his own long-standing battle with anxiety, Stossel presents an astonishing history, at once intimate and authoritative, of the efforts to understand the condition from medical, cultural, philosophical, and

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experiential perspectives. He ranges from the earliest medical reports of Galen and Hippocrates, through later observations by Robert Burton and Søren Kierkegaard, to the investigations by great nineteenth-century

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scientists, such as Charles Darwin, William James, and Sigmund Freud, as they began to explore its sources and causes, to the latest research by neuroscientists and geneticists. Stossel reports on famous individuals who struggled

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with anxiety, as well as on the afflicted generations of his own family. His portrait of anxiety reveals not only the emotion's myriad manifestations and the anguish anxiety produces but also the countless psychotherapies,

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medications, and other (often outlandish) treatments that have been developed to counteract it. Stossel vividly depicts anxiety's human toll—its crippling impact, its devastating power to paralyze—while at the same time

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exploring how those who suffer from it find ways to manage and control it. My Age of Anxiety is learned and empathetic, humorous and inspirational, offering the reader great insight into the biological, cultural, and

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environmental factors that  
contribute to the affliction.

Bipolar Me

A Novel

Darkness Visible

Five Questions About Suffering and  
Its Meaning

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Depression in the First Person

A Boy's Own Story

A Memoir of Madness

With uncommon humanity,  
candor, wit, and erudition,  
award-winning author Andrew  
Solomon takes the reader on  
a journey of incomparable



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range and resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning. The Noonday Demon examines depression in

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personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers,

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Solomon reveals the subtle complexities and sheer agony of the disease. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and

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the impact the malady has had on various demographic populations around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for

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mental illness. The depth of human experience Solomon chronicles, the range of his intelligence, and his boundless curiosity and compassion will change the reader's view of the world. A powerful personal account

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of outer exploration and  
inner discovery.

Acadie is a country which  
exists in the imagination  
and words of its people. Its  
literature is young; its  
poetry has emerged from  
sheer experimentation with

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language -- both in its form and its content. But the poetry of Acadie is more than experimentation: it is also a political expression, an insistence on the very existence of an imaginative country. For this anthology

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-- the first ever to be  
published in English -- Fred  
Cogswell and Jo-Anne Elder  
have selected poems by  
Herménégilde Chiasson, Anne  
Cloutier, France Daigle,  
Ronald Després, Gérald  
LeBlanc, Raymond Guy



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Leblanc, Dyane Léger, Roméo Savoie and more than twenty other poets to put together a collection of the most contemporary of Acadian poetry.

A New York Times Book Review  
Favorite Read of 2016

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“Despair is always described as dull,” writes Daphne Merkin, “when the truth is that despair has a light all its own, a lunar glow, the color of mottled silver.”

This Close to Happy—Merkin’s rare, vividly personal

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account of what it feels like to suffer from clinical depression—captures this strange light. Daphne Merkin has been hospitalized three times: first, in grade school, for childhood depression; years later,

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after her daughter was born,  
for severe postpartum  
depression; and later still,  
after her mother died, for  
obsessive suicidal thinking.  
Recounting this series of  
hospitalizations, as well as  
her visits to myriad

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therapists and  
psychopharmacologists,  
Merkin fearlessly offers  
what the child psychiatrist  
Harold Koplewicz calls “the  
inside view of navigating a  
chronic psychiatric illness  
to a realistic outcome.” The

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arc of Merkin's affliction is lifelong, beginning in a childhood largely bereft of love and stretching into the present, where Merkin lives a high-functioning life and her depression is manageable, if not "cured."

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“The opposite of depression,” she writes with characteristic insight, “is not a state of unimaginable happiness . . . but a state of relative all-right-ness.” In this dark yet vital memoir, Merkin describes not

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only the harrowing sorrow that she has known all her life, but also her early, redemptive love of reading and gradual emergence as a writer. Written with an acute understanding of the ways in which her condition



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has evolved as well as affected those around her, This Close to Happy is an utterly candid coming-to-terms with an illness that many share but few talk about, one that remains shrouded in stigma. In the

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words of the distinguished  
psychologist Carol Gilligan,  
“It brings a stunningly  
perceptive voice into the  
forefront of the  
conversation about  
depression, one that is both  
reassuring and revelatory.”

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About Us: Essays from the  
Disability Series of the New  
York Times

Notes from a Transplant  
Surgeon

A New Story About Anxiety

A Novel of Olga Romanov,  
Imperial Russia, and

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Revolution

Contemporary Poetry of  
Acadie

first, we make the beast  
beautiful

The View of a Valley Through  
the Voice of Depression

The author offers a look at

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depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available

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therapies.

“A fiercely imagined tale of love and loss, a story that manages to transform tragedy into comic redemption, sorrow into heroic survival.” —New York Times “[A] beguiling

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family saga....A captivating  
jigsaw puzzle of longing and  
loss whose pieces form an  
unforgettable image of  
contemporary Native  
American life.” —People A  
New York Times bestselling

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author, a Pulitzer Prize finalist, and winner of the National Book Critics Circle Award, Louise Erdrich is an acclaimed chronicler of life and love, mystery and magic within the Native American community. A



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hauntingly beautiful story of a mysterious woman who enters the lives of two families and changes them forever, Erdrich's classic novel, *The Antelope Wife*, has enthralled readers for more than a

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decade with its powerful themes of fate and ancestry, tragedy and salvation. Now the acclaimed author of *Shadow Tag* and *The Plague of Doves* has radically revised this already masterful work,

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adding a new richness to the characters and story while bringing its major themes into sharper focus, as it ingeniously illuminates the effect of history on families and cultures, Ojibwe and white.

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The noonday devil is the demon of acedia, the vice also known as sloth. The word “sloth”, however, can be misleading, for acedia is not laziness; in fact it can manifest as busyness or activism.

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Rather, acedia is a gloomy combination of weariness, sadness, and a lack of purposefulness. It robs a person of his capacity for joy and leaves him feeling empty, or void of meaning Abbot

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Nault says that acedia is the most oppressive of demons. Although its name harkens back to antiquity and the Middle Ages, and seems to have been largely forgotten, acedia is experienced by

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countless modern people who describe their condition as depression, melancholy, burn-out, or even mid-life crisis. He begins his study of acedia by tracing the wisdom of the Church on the subject from the

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Desert Fathers to Saint Thomas Aquinas. He shows how acedia afflicts persons in all states of life— priests, religious, and married or single laymen. He details not only the symptoms and effects



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of acedia, but also remedies  
for it.

The Noonday Demon  
An Atlas  
of Depression  
Simon and  
Schuster

The Noonday Demon  
Reasons to Stay Alive

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You're Not Broken

Monkey Mind

Sightlines

A Mother's Journey into the  
Science of Attachment

The National Book Award-

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winning author of *The Noonday Demon* explores the consequences of extreme personal differences between parents and children, describing his own experiences as a gay child of straight parents while

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evaluating the circumstances of people affected by physical, developmental or cultural factors that divide families. 150,000 first printing.

In one way or another, we all carry trauma. It can manifest as

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anxiety, shame, low self-esteem,  
over-eating, under-eating,  
addiction, depression, confusion,  
people-pleasing, under-earning,  
low mood, negative thinking,  
social anxiety, anger, brain fog  
and more. Traumas, big or 'little',

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leave us trapped in cycles of dysfunctional behaviours, negative thoughts and difficult feelings. Yet many people are unaware they're stuck in old reactions and patterns that stem from their past traumas. Many of

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us are wary of the word and push it away instead of moving towards it and learning how to break free. Dr Sarah Woodhouse is a Research Psychologist who specialises in trauma and is passionate about helping people

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face this word and their past. In *You're Not Broken* she teaches you what a trauma is (it's probably not what you think), and how to recognise when, why and how your past is holding you back. She gently explains the



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pitfalls of ignoring awkward, upsetting episodes and how true freedom comes from looking back at your past with honesty. Then, sharing the latest research-based techniques and her own personal experience, she guides

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you towards breaking the trauma loop, reawakening your true self and reclaiming your future.

Based on the pioneering New York Times series, *About Us* collects the personal essays and reflections that have transformed

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the national conversation around disability. Boldly claiming a space in which people with disabilities can be seen and heard as they are—not as others perceive them—About Us captures the voices of a

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community that has for too long been stereotyped and misrepresented. Speaking not only to those with disabilities, but also to their families, coworkers and support networks, the authors in *About Us* offer

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intimate stories of how they navigate a world not built for them. Since its 2016 debut, the popular New York Times' "Disability" column has transformed the national dialogue around disability. Now,

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echoing the refrain of the disability rights movement, “Nothing about us without us,” this landmark collection gathers the most powerful essays from the series that speak to the fullness of human

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experience—stories about first romance, childhood shame and isolation, segregation, professional ambition, child-bearing and parenting, aging and beyond. Reflecting on the fraught conversations around

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disability—from the friend who says “I don’t think of you as disabled,” to the father who scolds his child with attention differences, “Stop it stop it stop it what is wrong with you?”—the stories here reveal the range of



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responses, and the variety of consequences, to being labeled as “disabled” by the broader public. Here, a writer recounts her path through medical school as a wheelchair user—forging a unique bridge between patients

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with disabilities and their physicians. An acclaimed artist with spina bifida discusses her art practice as one that invites us to “stretch ourselves toward a world where all bodies are exquisite.” With these notes of

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triumph, these stories also offer honest portrayals of frustration over access to medical care, the burden of social stigma and the nearly constant need to self-advocate in the public realm. In its final sections, *About Us* turns

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to the questions of love, family and joy to show how it is possible to revel in life as a person with disabilities.

Subverting the pervasive belief that disability results in relentless suffering and isolation, a

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quadriplegic writer reveals how she rediscovered intimacy without touch, and a mother with a chronic illness shares what her condition has taught her young children. With a foreword by Andrew Solomon and

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introductory comments by co-  
editors Peter Catapano and  
Rosemarie Garland-Thomson,  
About Us is a landmark  
publication of the disability  
movement for readers of all  
backgrounds, forms and abilities.

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Topics Include: Becoming Disabled • Mental Illness is not a Horror Show • Disability and the Right to Choose • Brain Injury and the Civil Right We Don't Think • The Deaf Body in Public Space • The Everyday Anxiety of

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the Stutterer • I Use a  
Wheelchair. And Yes, I'm Your  
Doctor • A Symbol for "Nobody"  
That's Really for Everybody •  
Flying While Blind • My \$1,000  
Anxiety Attack • A Girlfriend of  
My Own • The Three-Legged



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Dog Who Carried Me • Passing  
My Disability On to My Children •  
I Have Diabetes. Am I to Blame?  
• Learning to Sing Again • A  
Disabled Life is a Life Worth  
Living  
Nothing Feels Good: Punk Rock,

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Teenagers, and Emo tells the story of a cultural moment that's happening right now-the nexus point where teen culture, music, and the web converge to create something new. While shallow celebrities dominate the

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headlines, pundits bemoan the death of the music industry, and the government decries teenagers for their morals (or lack thereof) earnest, heartfelt bands like Dashboard Confessional, Jimmy Eat World,

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and Thursday are quietly selling hundreds of thousands of albums through dedication, relentless touring and respect for their fans. This relationship - between young people and the empathetic music that sets them

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off down a road of self-discovery and self-definition - is emo, a much-maligned, mocked, and misunderstood term that has existed for nearly two decades, but has flourished only recently. In Nothing Feels Good, Andy

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Greenwald makes the case for emo as more than a genre - it's an essential rite of teenagehood. From the '80s to the '00s, from the basement to the stadium, from tour buses to chat rooms, and from the diary to the

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computer screen, Nothing Feels Good narrates the story of emo from the inside out and explores the way this movement is taking shape in real time and with real hearts on the line. Nothing Feels Good is the first book to explore

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this exciting moment in music history and Greenwald has been given unprecedented access to the bands and to their fans. He captures a place in time and a moment on the stage in a way only a true music fan can.



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An Atlas of Depression

Hello I Want to Die Please Fix  
Me

A Step-by-Step Approach

What We Know and What You  
Can Do About It

Soviet Artists in a Time of

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Glasnost

Ghost Sightings

Untangling the Knot

What does it mean to suffer?

What enables some people to emerge from tragedy while others are spiritually crushed by it? Why

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do so many Americans think of suffering as something that happens to other people -- who usually deserve it? These are some of the questions at the heart of this powerful book. Combining reportage, personal narrative, and moral philosophy,

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Peter Trachtenberg tells the stories of grass-roots genocide tribunals in Rwanda and tsunami survivors in Sri Lanka, an innocent man on death row, and a family bereaved on 9/11. He examines texts from the Book of Job to the Bodhicharyavatara and

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the writings of Simone Weil. The Book of Calamities is a provocative and sweeping look at one of the biggest paradoxes of the human condition -- and the surprising strength and resilience of those who are forced to confront it.

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From the winner of the National Book Award and the National Books Critics' Circle Award—and one of the most original thinkers of our time—“Andrew Solomon’s magisterial *Far and Away* collects a quarter-century of soul-shaking essays” (*Vanity Fair*). *Far and*

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Away chronicles Andrew Solomon's writings about places undergoing seismic shifts—political, cultural, and spiritual. From his stint on the barricades in Moscow in 1991, when he joined artists in resisting the coup whose failure ended the

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Soviet Union, his 2002 account of the rebirth of culture in Afghanistan following the fall of the Taliban, his insightful appraisal of a Myanmar seeped in contradictions as it slowly, fitfully pushes toward freedom, and many other stories of profound



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upheaval, this book provides a unique window onto the very idea of social change. With his signature brilliance and compassion, Solomon demonstrates both how history is altered by individuals, and how personal identities are altered

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when governments alter. A journalist and essayist of remarkable perception and prescience, Solomon captures the essence of these cultures. Ranging across seven continents and twenty-five years, these “meaty dispatches...are brilliant

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geopolitical travelogues that also comprise a very personal and reflective resume of the National Book Award winner's globe-trotting adventures" (Elle). Far and Away takes a magnificent journey into the heart of extraordinarily diverse

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experiences: “You will not only know the world better after having seen it through Solomon’s eyes, you will also care about it more” (Elizabeth Gilbert).

The New York Times–bestselling memoir of crippling depression and the struggle for recovery by

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the Pulitzer Prize-winning author of *Sophie's Choice*. In the summer of 1985, William Styron became numbed by disaffection, apathy, and despair, unable to speak or walk while caught in the grip of advanced depression. His struggle with the disease

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culminated in a wave of  
obsession that nearly drove him  
to suicide, leading him to seek  
hospitalization before the dark  
tide engulfed him. Darkness  
Visible tells the story of Styron's  
recovery, laying bare the  
harrowing realities of clinical

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depression and chronicling his triumph over the disease that had claimed so many great writers before him. His final words are a call for hope to all who suffer from mental illness that it is possible to emerge from even the deepest abyss of despair and

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“once again behold the stars.”

This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.



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Janet Coburn draws on the posts from her award-winning blog, *Bipolar Me*, to illuminate the life of persons who live with bipolar disorder. As a woman living with bipolar 2 disorder, the author has direct experience of the subjects she covers and opens her life to

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readers. With chapters covering symptoms, treatments, the ups and downs of everyday life, and more, the author provides both valuable information and personal stories of struggles with mental illness. She wants people to know that help, healing, and a rich,

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rewarding life are possible. This book is recommended for anyone who is interested in or has bipolar disorder, and for people who are family, friends, or loved ones of someone who lives with the condition.

Undoing Depression

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The Last Grand Duchess

How Travel Can Change the World

Parents, Children and the Search  
for Identity

Women Love Girth... the Fattest

100 Facts on the Noonday Demon

Clinical Cases

Fear, Hope, Dread, and the

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### Search for Peace of Mind

A beautifully written and compelling memoir of a largely unexplored area of medicine: transplant surgery.

Leading transplant surgeon Dr Joshua Mezrich creates life from loss, moving organs from one body to another. In this intimate,

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profoundly moving work, he examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the stories of his own patients. Gripping and evocative, *How Death Becomes Life* takes us inside the operating room

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and presents the stark dilemmas that transplant surgeons must face daily: How much risk should a healthy person be allowed to take to save someone she loves? Should a patient suffering from alcoholism receive a healthy liver? The human story behind the most exceptional

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medicine of our time, Mezrich's riveting book is a poignant reminder that a life lost can also offer the hope of a new beginning. "The compelling story of an acclaimed journalist and New York Times bestselling author's ongoing struggle with epilepsy--his



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torturous decision to keep his condition a secret to avoid discrimination, and his ensuing decades-long battle to not only survive, but to thrive. Written with brutal and affecting honesty, Kurt Eichenwald, who was diagnosed with epilepsy as a teenager, details

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the abuses he faced while incapacitated post-seizure, the discrimination he fought that almost cost him his education and employment, and the darkest moments when he contemplated suicide as the only solution to ending his physical and emotional

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pain. He recounts how medical incompetence would have killed him but for the heroic actions of a brilliant neurologist and the friendship of two young men who assumed part of the burden of his struggle. Ultimately, Eichenwald's is an inspirational tale, showing how a

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young man facing his own mortality on a daily basis could rise from the depths of despair to the heights of unimagined success"--

One of Today's Ten Best Inspirational Books, 2020 By the creator and host of the acclaimed mental health podcast Depresh

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Mode with John Moe "[A] path to deeper understanding and openness, by way of laughter in the dark" —The New York Times Book Review "Filled with heart, humor and hope." —People "A funny, honest book." —Neil Gaiman "Candid and funny and intimate."

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—Susan Orlean For years John Moe, critically-acclaimed public radio personality and host of The Hilarious World of Depression podcast, struggled with depression; it plagued his family and claimed the life of his brother in 2007. As Moe came to terms with his own

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illness, he began to see similar patterns of behavior and coping mechanisms surfacing in conversations with others, including high-profile comedians who'd struggled with the disease. Moe saw that there was tremendous comfort and community in open

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dialogue about these shared experiences and that humor had a unique power. Thus was born the podcast The Hilarious World of Depression. Inspired by the immediate success of the podcast, Moe has written a remarkable investigation of the disease, part



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memoir of his own journey, part treasure trove of laugh-out-loud stories and insights drawn from years of interviews with some of the most brilliant minds facing similar challenges. Throughout the course of this powerful narrative, depression's universal themes

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come to light, among them, struggles with identity, lack of understanding of the symptoms, the challenges of work-life, self-medicating, the fallout of the disease in the lives of our loved ones, the tragedy of suicide, and the hereditary aspects of the

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disease. The Hilarious World of Depression illuminates depression in an entirely fresh and inspiring way.

WHEN DORA, ELENA'S older sister, is diagnosed with depression and has to be admitted to the hospital, Elena can't seem to make

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sense of their lives anymore. At school, the only people who acknowledge Elena are Dora's friends and Jimmy Zenk—who failed at least one grade and wears black every day of the week. And at home, Elena's parents keep arguing with each other. Elena will

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do anything to help her sister get better and get their lives back to normal—even when the responsibility becomes too much to bear.

Far from the Tree

The Hilarious World of Depression

A Reckoning with Depression

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Unfinished Dreams

Punk Rock, Teenagers, and Emo

This Close to Happy

A Cure for Darkness

***Describes how glasnost has improved the fortunes of formerly obscure, Soviet avant-***

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***garde artists, and changed  
Russian life in general  
"Probably the best book on  
living with anxiety that I've  
ever read" Mark Manson,  
bestselling author of The  
Subtle Art of Not Giving a F\*ck***

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***Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of IQuitSugar.com, whose 8-Week Program has***



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***been completed by 1.5 million people in 133 countries. A former news journalist and editor of Cosmopolitan, she was the host of the first series of MasterChef Australia and is the author of the international***

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***bestsellers first, we make the  
beast beautiful, I Quit Sugar:  
Simplicious, I Quit Sugar and I  
Quit Sugar For Life. Her latest  
book is I Quit Sugar:  
Simplicious Flow. She is  
ranked as one of the top 200***

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***most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in***

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***Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In first, we make the beast beautiful, Sarah directs her intense focus and fierce investigatory skills onto this***

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***lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the***

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***Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease***

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***that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters.***

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***Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but***



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*delighted by the possibilities it offers for a richer, fuller life.*

***MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL***

*"at once a nomadic journey, a cri de coeur and a compendium of hard-won*

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***wisdom ..."* Professor Patrick  
McGorry AO MD PhD FRCP  
FRANZCP FAA FASSA, 2010  
Australian of the Year "A witty,  
well-researched and often  
insightful book about  
negotiating a new relationship**

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***with anxiety." Andrew  
Solomon, Professor of Clinical  
Psychology and author of The  
Noonday Demon: An Anatomy  
of Depression  
Untangling the Knot:  
Marriage, Relationships &***

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***Identity, an anthology of essays and creative nonfiction, delves past the mainstream focus on marriage equality—beyond the knot— to examine the broad scope of issues facing members of the***

## Online Library Noonday Demon An Atlas Of Depression

***LGBTQ community. The collection sheds light on what marriage equality actually means for queer communities. By confronting the concept of tradition through personal discourse, this volume seeks to***

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***create conversation amongst  
the diverse members of the  
LGBTQ community and their  
straight allies to prompt a  
larger, grander, and more  
realistic vision of what  
marriage equality really means***

# Online Library Noonday Demon An Atlas Of Depression

***for those living in the United States. Untangling the Knot: Marriage, Relationships & Identity includes the voices of many individuals who are underrepresented in the modern discourse surrounding***

# Online Library Noonday Demon An Atlas Of Depression

***LGBTQ rights, and these unique perspectives may change the direction of that conversation for good. In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if***



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***not at times crackpot!),  
original and musing book  
reviews of "The Noonday  
Demon: An Atlas of  
Depression." Don't say we  
didn't warn you: these reviews  
are known to shock with their***

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***unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect***

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***to get pregnant in the next five  
minutes. 3. You've heard it all.***

***An Atlas Of Depression***

***What Therapy Doesn't Teach  
You and Medication Can't Give  
You***

***Black Box***

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***Far and Away***

***Life After Suicide***

***Who Rocks the Cradle***

***Finding Courage, Comfort &  
Community After Unthinkable  
Loss***

A full-scale investigation of

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the controversial and often misunderstood science of attachment theory, inspired by the author's own experience as a parent and daughter. "A profound and beautiful work . . . searingly honest, brazenly

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fresh, and startlingly rich."—Andrew Solomon, author of *The Noonday Demon*  
When professional researcher and writer Bethany Saltman gave birth to her daughter, Azalea, she loved her deeply

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but felt as if something was missing. Looking back at her lonely childhood, dangerous teenage years, and love-addicted early adulthood, Saltman thought maybe she was broken. Then she

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discovered the science of attachment, the field of psychology that explores the question of why—from an evolutionary point of view—love exists between parents and children. Saltman



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went on a ten-year journey  
visiting labs, archives, and  
training sessions, while  
learning the meaning of  
"delight" from Mary  
Ainsworth, one of  
psychology's most important

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but unsung researchers, who died in 1999. Saltman went deep into the history and findings from Ainsworth's famous laboratory procedure, the Strange Situation, which, like an X-ray, is still used

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today by scientists around the world to catch a glimpse of the internal workings of attachment. In this simple twenty-minute procedure, a baby and a caregiver enter an ordinary room with two chairs

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and some toys. During a series of comings and goings, a trained observer studies the minutiae of the pair's back-and-forth with each other. Through the science of attachment, what Saltman

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discovered was a radical departure from everything she thought she knew—about love and about her own family, her story, and herself. She was far from broken—she saw that love is too powerful to ever break.

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Strange Situation is a scientific, lyrical, life-affirming exploration of love. Not only will readers be taken on an emotional ride through one mother's reckoning with her own past and her family's

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future, but they will also be given the tools with which to better understand their own life histories and their relationships today. Praise for Strange Situation "A fascinating deep dive into

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attachment theory . . .

Carefully researched and with copious endnotes, this is an excellent resource for anyone interested in child development."—Publishers Weekly "Honest and complex .



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.. A thoughtful engagement with a topic that affects all parents."—Kirkus Reviews  
Shares the author's personal experiences with anxiety, describing its painful coherence and absurdities

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while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.

"Powerful and haunting . . . an intimate and unforgettable tale that transports the reader to

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the heart of Imperial Russia.”  
—Chanel Cleeton, New York  
Times bestselling author of  
The Most Beautiful Girl in  
Cuba This sweeping novel  
takes readers behind palace  
walls to see the end of

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Imperial Russia through the eyes of Olga Nikolaevna Romanov, the first daughter of the last tsar Grand Duchess Olga Romanov comes of age amid a shifting tide for the great dynasties of Europe. But

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even as unrest simmers in the capital, Olga is content to live within the confines of the sheltered life her parents have built for her and her three sisters: hiding from the world on account of their mother's

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ill health, their brother Alexei's secret affliction, and rising controversy over Father Grigori Rasputin, the priest on whom the tsarina has come to rely. Olga's only escape from the seclusion of Alexander

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Palace comes from the grand tea parties her aunt hosts amid the shadow court of Saint Petersburg—a world of opulent ballrooms, scandalous flirtation, and whispered conversation. But as war

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approaches, the palaces of Russia are transformed. Olga and her sisters trade their gowns for nursing habits, assisting in surgeries and tending to the wounded bodies and minds of Russia's military



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officers. As troubling rumors about her parents trickle in from the front, Olga dares to hope that a budding romance might survive whatever the future may hold. But when tensions run high and

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supplies run low, the controversy over Rasputin grows into fiery protest, and calls for revolution threaten to end three hundred years of Romanov rule. At turns glittering and harrowing, The

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Last Grand Duchess is a story about dynasty, duty, and love, but above all, it's the story of a family who would choose devotion to each other over everything—including their lives.

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The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the

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disease, its causes and symptoms, and available therapies. This book examines depression in personal, cultural, and scientific terms. He confronts the challenge of defining the illness and

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describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations, around the world and

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throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. He takes readers on a journey into the most

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pervasive of family secrets  
and contributes to our  
understanding not only of  
mental illness but also of the  
human condition.

Break free from trauma and  
reclaim your life



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The Story of Depression and  
How We Treat It

The Antelope Wife

My Age of Anxiety

Acedia, the Unnamed Evil of  
Our Times

Far From the Tree

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The Book of Calamities

The “extraordinary novel” (The New York Times Book Review) about one boy’s coming-of-age during the 1950s—and one of the most groundbreaking portrayals of gay life in American fiction

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"The best American narrative of sexual awakening since *Catcher in the Rye*." —Chicago Sun-Times

Ridiculed by his classmates and beset by aloof parents and a cruel sister, the unnamed narrator of Edmund White's first

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autobiographical novel finds solace in literature, works of art, and his own fantastic imagination. But as he strives to forge new friendships, his yearning to be loved by the men in his life evokes a crushing sense of shame and a

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struggle to accept who he is. Lyrical and poignant, *A Boy's Own Story*—the first of a trilogy, followed by *The Beautiful Room Is Empty* and *The Farewell Symphony*—is an American literary treasure that became an

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instant classic upon publication for its pioneering portrayal of homosexuality.

The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and

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updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20+ years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40

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million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and



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overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated

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information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains

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that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often

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overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these

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methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns with a new and more effective set of skills. We

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already know how to "do" depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications,

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O'Connor offers new hope—and new life—for sufferers of depression.

It is vitally important for medical students and junior doctors to grasp an understanding of 'real-life medicine'. This innovative

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book of cases shows how a particular presentation may progress, and the different complications that may arise and emerge over time, which may be missed by the 'snapshot in time' approach taken by many problem-



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based volumes. The content reflects the average length of stay for a patient in hospital, in which their situation can change in a multitude of ways, and the management of chronic conditions may also need to be adapted as

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complications arise. Demonstrates the real bedside experiences that medical students can expect, in whichever simple or complex way that they may present Cases selected from a range of sub-specialties for comprehensive

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coverage across the curriculum  
Illustrates the complicated,  
progressive problems that will be  
seen while practicing as a doctor  
with detailed diagrams and  
diagnostic imagery to aid  
understanding Shows, with

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timepoints, how differential diagnoses may change as more information becomes available and new symptoms arise  
Describes a typical initial hospital stay, and subsequent presentations to the general

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A True Story of Disease, Love,  
and Triumph

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The Noonday Devil  
Queer Voices on Marriage,  
Relationships & Identity  
Strange Situation  
A Mind Unraveled