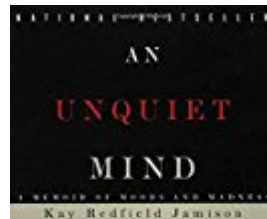


# PDF An Unquiet Mind: A Memoir of Moods and Madness By Kay Redfield Jamison



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Amazon.com Review In *Touched with Fire*, Kay Redfield Jamison, a psychiatrist, turned a mirror on the creativity so often associated with mental illness. In this book she turns that mirror on herself. With breathtaking honesty she tells of her own manic depression, the bitter costs of her illness, and its paradoxical benefits: "There is a particular kind of pain, elation, loneliness and terror involved in this kind of madness.... It will never end, for madness carves its own reality." This is one of the best scientific autobiographies ever written, a combination of clarity, truth, and insight into human character. "We are all, as Byron put it, differently organized," Jamison writes. "We each move within the restraints of our temperament and live up only partially to its possibilities." Jamison's ability to live fully within her limitations is an inspiration to her fellow mortals, whatever our particular burdens may be. --Mary Ellen Curtin From *Publishers Weekly* Jamison's memoir springs from her dual perspective as both a psychiatric expert in manic depression and a sufferer of the disease. Copyright 1996 Reed Business Information, Inc. 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. Copyright 1995 Reed Business Information, Inc.

Customer Reviews Most helpful customer reviews 3 of 3 people found the following review helpful. Insightful By Kindle Customer Very insightful. My Dad has Bi-Polar disorder and this was recommended to me. It helped me to be more empathetic to his condition and daily struggles. 2 of 2 people found the following review helpful. Interesting and prescriptive By Randy Very well written memoir on Dr. Jamison's ongoing fight with bi-polar and manic depression. Very helpful for a father of a daughter fighting some of the same battles. The Epilogue was especially interesting, suggesting that these illnesses actually open a person to experiences and perspectives that most people cannot have -- encouraging to the one suffering. I also found her commentary and convictions on medication practical and helpful. The only criticism is that the book was a touch lengthy, but that is the nature of a memoir! Outstanding work, Dr. Jamison. 2 of 2 people found the following review helpful. Just okay... By All4Ezra I picked this book up months ago and finally finished reading it. It was definitely not a page turner, but it was pretty insightful on a personal and professional level. It should probably be left mostly for psychology students as the tone is very formal and her recollections are almost distant and impersonal. I did appreciate some of the very salient points she made: people with mental illness can live "normal" lives, mania has its benefits, etc. BUT I read Marya Hornbacher's book *Madness* first and felt like the tone of Ms. Hornbacher's writing and every word she said more accurately - and accessibly - captured what bipolar disorder is like. See all 1181 customer reviews...

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