

Irritable Hearts A Ptsd Love Story Mac McClelland

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Irritable Hearts A Ptsd Love

Irritable Hearts: A PTSD Love Story [Mac McClelland] on Amazon.com. *FREE* shipping on qualifying offers. Irritable Hearts striking candor will win McClelland the empathy she deserves. - The New York Times Book Review A BuzzFeed Best Nonfiction Book of 2015 I had nightmares

Irritable Hearts: A PTSD Love Story: Mac McClelland ...

Irritable Hearts: A PTSD Love Story [Mac McClelland, Cassandra Campbell] on Amazon.com. *FREE* shipping on qualifying offers. In 2010, human rights reporter Mac McClelland left Haiti after covering the lingering devastation of the earthquake.

Irritable Hearts: A PTSD Love Story: Mac McClelland ...

Irritable Hearts: A PTSD Love Story. Irritable Hearts is a searing, personal medical mystery that unfolds at a breakneck pace. But it is also a romance. McClelland fights desperately to repair her heart so that she can give it to the kind, patient, and compassionate man with whom she wants to share a life.

Irritable Hearts: A PTSD Love Story by Mac McClelland

'Irritable Hearts: A PTSD Love Story,' by Mac McClelland. Instead, McClelland takes us on a different type of a journey, an intense, intimate tour of her own downward spiral. There's a good deal of sobbing, disturbing dreams, waking terrors, flashbacks, recurring emotional numbness, breakdowns, excessive drinking, thoughts of self-harm,...

'Irritable Hearts: A PTSD Love Story,' by Mac McClelland ...

This brave retelling of a journey of love, trauma and healing is a must-read for anyone suffering from or who loves someone with PTSD. Moving on is great, but when your body denies you that luxury, it can be as terrifying as it is confusing. Irritable Hearts brought up long-ago traumas, both healed and unhealed.

Irritable Hearts: A PTSD Love Story by Mac McClelland ...

'Irritable Hearts: A PTSD Love Story': A Q&A with Mac McClelland By Suzanne Kane on April 5, 2015 in Book Reviews The majority of adults will experience at least one traumatic event during their lifetime, and roughly 10% of women and 5% of men will be diagnosed with post-traumatic stress disorder (PTSD) , according to the National Alliance on Mental Health .

'Irritable Hearts: A PTSD Love Story': A Q&A with Mac ...

Irritable Hearts is a powerful memoir about a young journalist's painful battle with PTSD and her arduous road to recovery. But it is also a passionate and beautifully rendered love story. But it is also a passionate and beautifully rendered love story.

Irritable Hearts: A PTSD Love Story | Flatiron Books

Irritable Hearts: A PTSD Love Story. At one point or another, most people have faced moments of despair when they wish to hide beneath the covers and disconnect from the world. Yet these feelings of despondency are heightened for anyone who suffers from Post-Traumatic Stress Disorder (PTSD). After the catastrophic events of September 11 th, 2001,...

Irritable Hearts: A PTSD Love Story - NACADA > Home

Vivid, suspenseful, tender, and intimate, Irritable Hearts is a remarkable exploration of vulnerability and resilience, control and acceptance. It is a riveting and hopeful story of survival, strength, and love.

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Irritable Hearts A PTSD Love Story by Mac McClelland available in Hardcover on Powells.com, also read synopsis and reviews. "Irritable Hearts striking candor will win McClelland the empathy she deserves." - The New York...

Irritable Hearts A PTSD Love Story: Mac McClelland ...

Irritable Hearts is a searing, personal medical mystery that unfolds at a breakneck pace. But it is also a romance. McClelland fights desperately to repair her heart so that she can give it to the kind, patient, and compassionate man with whom she wants to share a life.

Irritable Hearts: A PTSD Love Story (Hardcover) | Malaprop ...

Elizabeth T. (Psychotherapist, Salem, MA) A Wild Ride Through Trauma and Recovery. Irritable Hearts: A PTSD Love Story is an irritable but utterly fascinating memoir by Mac McClelland, a journalist in her young thirties, who specializes in stories about breaking crises in chaotic and dangerous environments.

Summary and reviews of Irritable Hearts by Mac McClelland

The themes in "Irritable Hearts" will be familiar to readers of a widely circulated essay that McClelland published in 2011 in which she first addressed her PTSD.

'Irritable Hearts,' by Mac McClelland - The New York Times

Review "Mac McClelland has reported from crisis zones like Myanmar and the Democratic Republic of Congo, but in her memoir Irritable Hearts she chronicles a crisis she can't leave behind. McClelland learned she had post-traumatic stress disorder only hours after her return from Haiti, where she covered the aftereffects of the devastating January 2010 earthquake.

Irritable Hearts: A PTSD Love Story: Mac McClelland ...

In Irritable Hearts, McClelland writes with candor about turning her journalistic eyes inward, struggling to research PTSD even as she is held in its grip. The result is an oh-so-readable memoir that is also a portrayal of human character.

Irritable Hearts: A PTSD Love Story (Hardcover) | Bookshop ...

"That we are as strong as we are frail is the most profound of many truths rising out of Mac McClelland's astonishing Irritable Hearts. In her unforgettable memoir, McClelland begins to unravel her experience with PTSD while falling in love, traversing the globe and trying to understand both how the mind breaks and what it takes to heal in a world where all too often, we are constantly faced ...

Mac McClelland

Review. "Irritable Hearts is a powerful memoir about a young journalist's painful battle with PTSD and her arduous road to recovery. But it is also a passionate and beautifully rendered love story. The way McClelland weaves together these two disparate tales makes this book a brilliant and captivating read." —Mira Bartok,...

Irritable Hearts: A PTSD Love Story: Mac McClelland ...

Get this from a library! Irritable hearts : a PTSD love story. [Mac McClelland] -- "In 2010, human rights reporter Mac McClelland left Haiti after covering the devastation of the earthquake. Back home, she finds herself imagining vivid scenes of violence and can't sleep or stop ...

Irritable hearts : a PTSD love story (Book, 2015 ...

And as a bonus, "Irritable Hearts" has a section on trauma and triggers that adds useful context to many of our present debates about discourse on the Internet." —Alyssa Rosenberg, The Washington Post "Irritable Hearts is a powerful memoir about a young journalist's painful battle with PTSD and her arduous road to recovery. But it is also ...

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