

My Body Is A Book Of Rules Elissa Washuta

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My Body Is A Book

My Body Is a Book of Rules is a funny, scary, unpredictable book; it reads like the inside of your own head." —Sallie Tisdale "A genre-bending ode to the bi-polar brain, Washuta's venomous, lyrical chapters link to form a memoir that's daring, vulnerable, caustic, and raw.

Amazon.com: My Body Is a Book of Rules (9781597099691 ...

My Body Is a Book of Rules. As Elissa Washuta makes the transition from college kid to independent adult, she finds herself overwhelmed by the calamities piling up in her brain. When her mood-stabilizing medications aren't threatening her life, they're shoving her from depression to mania and back in the space of an hour.

My Body Is a Book of Rules by Elissa Washuta - Goodreads

My Body Is a Book of Rules Quotes Showing 1-8 of 8 "Call it dysphoric mania, agitated depression, or a mixed state: nobody will understand anyway. Mania and depression at once mean the will to die and the motivation to make it happen.

My Body Is a Book of Rules Quotes by Elissa Washuta

My body was a book of rules, my heart the spine, my skin plastered with pages. Written on each one was the text that held the world together. Elissa Washuta, My Body Is a Book of Rules. About Us. Emily Books is a project that publishes, publicizes, and celebrates the best work of transgressive writers of the past, present and future.

My Body Is a Book of Rules | Emily Books

My Body is a Book of Rules is a collection of calamities — bitterly funny, fierce, sometimes crass and sometimes heartbreaking." - THE SEATTLE TIMES "Elissa Washuta's My Body Is a Book of Rules transcends the tropes of the genre by virtue of the unsentimental strength of her prose.

My Body Is a Book of Rules | Elissa Washuta

In My Body is a Book of Rules, Elissa Washuta delivers a coming-of-age memoir in a succession of linked essays that mirror the rapid cycling of her bipolar brain. She pulls readers into the world of a young woman as she struggles to reconcile her mixed Native and White heritage, mental and physical well-being, and sexuality in the wake of losing her virginity to rape.

My Body Is A Book Of Rules By Elissa Washuta - The Rumpus.net

At an event for her memoir, "My Body is a Book of Rules," current UW adviser, faculty member, and Cowlitz Indian Tribe member Elissa Washuta presented a brutally honest, and at times dark ...

'My Body is a Book of Rules' | | dailyuw.com

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch by Lory Freeman, Carol Deach. It's MY Body has been written in order to help adults and preschool children talk about sexual abuse together in a way which minimizes embarrassment and fear, but emphasizes self-reliance and open communication.

It's My Body: A Book to Teach Young Children How to Resist ...

Free Spirit Publishing is pleased to announce the publication of My Body Belongs to Me, its much anticipated, critically acclaimed book by New York City child abuse and sex crimes prosecutor Jill Starishevsky.. Using her decade of experience, Ms. Starishevsky has crafted a book that speaks to children - it makes them aware that when it comes to their bodies, there are boundaries.

My Body Belongs to Me » Home

My body was a book of rules, my heart the spine, my skin plastered with pages. Written on each one was the text that held the world together. This rendering of the text-as-body is dynamic, fluctuating along a sliding sexual spectrum.

Sculpting Flesh From Text in My Body is a Book of Rules

A candid, autobiographical scrapbook from a young woman navigating manic depression. In her forthright debut, Washuta intimately chronicles her ongoing struggle with the triple threat of a 2005 sexual assault, bipolar disorder, and the powerful antipsychotic medication prescribed to balance her mind and body (“chemical torture is the trade-off”).

MY BODY IS A BOOK OF RULES by Elissa Washuta | Kirkus Reviews

Awesome story to teach your kids that they should say NO if they do not want to be touched by anybody and if they are not comfortable they have to say NO...kids story book,

MY BODY BELONGS TO ME (story book for kids)

My Body Is a Book of Rules is a funny, scary, unpredictable book; it reads like the inside of your own head.” —Sallie Tisdale “A genre-bending ode to the bi-polar brain, Washuta’s venomous, lyrical chapters link to form a memoir that’s daring, vulnerable, caustic, and raw.

My Body Is a Book of Rules | IndieBound.org

In My Body Is a Book of Rules, Elissa Washuta corrals the synaptic gymnastics of her teeming bipolar brain, interweaving pop culture with neurobiology and memories of sexual trauma to tell the ...

My Body Is A Book Of Rules Elissa Washuta

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