

Unholy Ghost Writers On Depression Nell Casey

Affective Disorder and the Writing Life interrogates the mythos of the 'mad writer' through lived experience, literary analysis, writerly reflection and contemporary neuroscience. It explores how affective disorders colour, drive and sometimes silence the writing mind – and how affective difference has always informed the literary imagination.

Depression is the most common mental health condition in the United States. In fact, up to one in five women and one in ten men will experience it in their lifetimes. Because it's so prevalent, it's sometimes called the common cold of psychiatric illnesses. Of course, this flip attitude is completely misguided. If you suffer from depression, then you know how debilitating it is, and how it can drastically affect your day-to-day life. If you've recently been diagnosed with depression, you probably have a few questions about the road to recovery that lies ahead. You might wonder what the best treatments are for your symptoms, how to tell if you're making progress, and who, if anyone, you should tell about your diagnosis. In *Depression: A Guide for the Newly Diagnosed*, you'll find which treatments are right for you and learn what you can expect from the recovery process. You will discover simple changes to your sleep and nutrition habits that can really make a difference and learn how to monitor your progress as you start feeling better so you can adjust treatment as needed. With this guide helping you along in your recovery, you can be among the millions of people who have come back from depression stronger, healthier, and happier than before. This book is a part of New Harbinger Publications' Guides for the Newly Diagnosed series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit www.newharbinger.com for more books in this series.

Voor de fans van Graham Green en John le Carré. Gebaseerd op de onderbelichte Nederlands-Indonesische geschiedenis. John Harper is ondergedoken in een afgelegen hut op het platteland van Bali. Nachtelang ligt hij wakker en luistert ingespannen naar het geluid van de regen uit angst dat hij in levensgevaar verkeert. Maar de herinneringen aan wat hem is aangedaan en wat hij anderen heeft aangedaan, boezemen hem nog veel meer angst in. Hij is geboren in een jappenkamp als Nicolaas den Herder, oudste zoon van een Indonesisch-Nederlands echtpaar, en begint zijn leven zonder thuis en veiligheid. Na omzwervingen door de Verenigde Staten, waar zijn moeder hem mee naartoe neemt om daar een nieuw leven te beginnen en later door het Nederland dat hij alleen van verhalen kent, ontfermt een mysterieuze organisatie uit Amsterdam - het Instituut - zich over de zoekende jongeman. Hoewel iedereen hem kent als financieel analist, werkt Harper in werkelijkheid als spion en huurling, en speelt zijn leven zich in de schaduw af. Vanwege zijn Indonesische uiterlijk stuur het Instituut hem naar Indonesië, eerst tijdens de massaslachtingen van communisten in 1965 en daarna nog een keer tijdens de militaire dictatuur die op de moorden volgt. Hij wordt gedwongen om een pion te zijn in een spel waarvan de regels van dag tot dag lijken te veranderen. De toenemende wreedheid en onmenselijkheid van de strijdende partijen wordt Harper uiteindelijk te veel en hij begaat een fout die me duur zal komen te staan en onherstelbaar blijkt. Hij ziet geen enkele uitweg dan te vluchten naar het relatief veilige Bali...

Black Americans are more likely than Whites to die of cancer and heart disease, more likely to get diabetes and asthma, and less likely to get preventive care and screening. Some of this greater morbidity results from education, income level, and environment as well as access to health care. But the traditional medical model does not always allow for a more holistic approach that takes into account the body, the mind, the spirit, the family, and the community. This book offers a better understanding of the varieties of religiously-based approaches to healing and alternative models of healing and health found in Black communities in the United States. Contributors address the communal aspects of faith and health and explore the contexts in which individuals make choices about their health, the roles that institutions play in shaping these decisions, and the practices individuals engage in seeking better health or coping with the health they have. By paying attention to the role of faith, spirit, and health, this book offers a fuller sense of the varieties of ways Black health and health care are perceived and addressed from an inter-religious perspective. Community and religion-based initiatives have emerged as one key way to address the health challenges found in the African American community. In cities such as Atlanta, Baltimore, Dallas, and Oakland, residents organize exercise groups, teach one another how to cook with healthy ingredients, and encourage neighbors to get regular checkups. Churches have become key sites for health education, screening, and testing. Another set of responses to the challenge of Black health and healthcare in the United States comes from those who emphasize the body as a whole—body, mind, soul, and spirit, often drawing on religious traditions such as Islam and African-based religions such as Spiritism, Santeria, Vodun (aka Voodoo), Candomblé, and others. Understanding the issues and the various approaches is essential to combating the problems, and this unique volume sheds light on areas often overlooked when considering the issues.

It is of enormous value to the layperson, hungry for knowledge about how best to interact and help their loved one face the dreadful ravages of depression."—Nursing Times

"Following on the success of *Managing Your Depression*, Susan Noonan's new book is for family members and friends of people with depression or bipolar disorder. A certified peer specialist at McLean Hospital (a comprehensive psychiatric hospital affiliated with Harvard University), Susan draws on her experiences providing support and education for those living with or caring for a person who has a mood disorder. A family member who has a mood disorder affects the entire family. Further, family members and close friends are often the first to recognize the subtle changes and symptoms of depression--and they are also the people who provide daily support to their loved ones, often at great personal price. Caring for someone with a mood disorder differs from caring for someone with a physical medical disorder, in ways that complicate the caregiving role. A concise and practical guide to the daily management of depression and bipolar depression written for the caregiver, the book explains how to reinforce lessons the patient has been taught in therapy, how to role model resilience skills, and how caregivers can and must care for themselves. It describes effective communication strategies and advises how to find appropriate professional help. Its many tables and worksheets convey much needed information in an accessible way. References, Resources, and a Glossary complete the package. Overall the book helps readers navigate the depression or biopolar disorder of someone close to them, providing readers with words to say and things to do as they try to help someone change the course of a sometimes confounding and often disabling illness"--

A curator and essayist surveys the inner workings of creative duos, from John Lennon and Paul McCartney to Marie and Pierre Curie to Steve Jobs and Steve Wozniak, and describes how their creative techniques can be adapted and used in everyday life. 50,000 first printing.

Unholy Ghost is a unique collection of essays about depression that, in the spirit of William Styron's *Darkness Visible*, finds vivid expression for an elusive illness suffered by more than one in five Americans today. Unlike any other memoir of depression, however, *Unholy Ghost* includes many voices and depicts the most complete portrait of the illness. Lauren Slater eloquently describes her own perilous experience as a pregnant woman on antidepressant medication. Susanna Kaysen, writing for the first time about depression since *Girl, Interrupted*, criticizes herself and others for making too much of the illness. Larry McMurtry recounts the despair that descended after his quadruple bypass surgery. Meri Danquah describes the challenges of racism and depression. Ann Beattie sees melancholy as a consequence of her writing life. And Donald Hall lovingly remembers the "moody seesaw" of his relationship with his wife, Jane Kenyon. The collection also includes an illuminating series of companion pieces. Russell Banks's and Chase Twichell's essays represent husband-and-wife perspectives on depression; Rose Styron's contribution about her husband's struggle with melancholy is paired with an

excerpt from William Styron's *Darkness Visible*; and the book's editor, Nell Casey, juxtaposes her own essay about seeing her sister through her depression with Maud Casey's account of this experience. These companion pieces portray the complicated bond -- a constant grasp for mutual understanding forged by depressives and their family members. With an introduction by Kay Redfield Jamison, *Unholy Ghost* allows the bewildering experience of depression to be adequately and beautifully rendered. The twenty-two stories that make up this book will offer solace and enlightenment to all readers.

Understanding and Treating Patients in Clinical Psychoanalysis: Lessons from Literature describes the problematic ways people learn to cope with life's fundamental challenges, such as maintaining self-esteem, bearing loss, and growing old. People tend to deal with the challenges of being human in characteristic, repetitive ways. Descriptions of these patterns in diagnostic terms can be at best dry, and at worst confusing, especially for those starting training in any of the clinical disciplines. To try to appeal to a wider audience, this book illustrates each coping pattern using vivid, compelling fiction whose characters express their dilemmas in easily accessible, evocative language. Sandra Buechler uses these examples to show some of the ways we complicate our lives and, through reimagining different scenarios for these characters, she illustrates how clients can achieve greater emotional health and live their lives more productively. Drawing on the work of Dostoevsky, Tolstoy, Munro, Mann, James, O'Connor, Chopin, McCullers, Carver, and the many other authors represented here, Buechler shows how their keen observational short fiction portrays self-hurtful styles of living. She explores how human beings cope using schizoid, paranoid, grandiose, hysteric, obsessive, and other defensive styles. Each is costly, in many senses, and each limits the possibility for happiness and fulfillment. *Understanding and Treating Patients in Clinical Psychoanalysis* offers insights into what living with and working with problematic behaviors really means through a series of examples of the major personality disorders as portrayed in literature. Through these fictitious examples, clinicians and trainees, and undergraduate and graduate students can gain a greater understanding of how someone becomes paranoid, schizoid, narcissistic, obsessive, or depressive, and how that affects them, and those around them, including the mental health professionals who work with them.

The author speaks from the heart as minister, woman, friend, professional, and person who lives with depression. This 40-day devotional offers a tool that guides the reader back to faith through personal exploration and experiences of strength, hope, love and spirit.

How the story of depression gets told in print, on screen, and online.

Een jaar na de geboorte van haar zoontje Walker ziet Ari dat alles anders is gegaan dan verwacht. De bevalling was een drama dat uitmondde in een keizersnede. Door het leefritme van de baby komt ze tot niets in de afgelegen wijk van New York. Het is winter en Ari voelt zich een boom zonder wortels waar de wind aan trekt. Dan huurt de voormalige cult-zangeres Mina het huis van haar burens, die een jaar naar het buitenland zijn. Mina is ouder, beheerst, alleen en negen maanden zwanger. Ari zet haar vertrouwde wantrouwen jegens andere vrouwen overboord en gaat Mina helpen. Al snel worden ze wapenbroeders en lijkt het erop dat het leven weer vorm krijgt. Elisa Alberts genadeloze inzicht in het eerste jaar van een moeder is gevoed door haar eigen ervaringen. Ofschoon deze hilarische roman geen autobiografie is, spatten de eerlijkheid en de doorleefdheid van de paginas.

We zijn dol op de mythe van het eenzame genie, maar Joshua Wolf Shenk laat in *De kracht van het tweetal* iets zien wat minstens zo spannend is, namelijk wat er gebeurt wanneer twee bijzondere mensen gaan samenwerken. De gebroeders Van Gogh, Lennon en McCartney, Jobs en Wozniak (Apple), Crick en Watson (van het DNA): juist de vonk die overslaat tussen twee briljante zielen die aan elkaar gewaagd zijn, zorgt voor explosies van creativiteit die de wereld kunnen veranderen. Het lijkt wel verliefdheid. Joshua Wolf Shenk zoekt het psychologische en biologische bewijs voor wat hij bij talrijke tweetallen heeft zien gebeuren – niet alleen de samenwerking, de kruisbestuiving en het succes, maar ook de machtsstrijd die ze tot grote hoogten kan stuwten. *De kracht van het tweetal* geeft een nieuwe blik op creativiteit en innovatie. 'Dit fascinerende boek laat zien op welke manieren je creativiteit de meeste ruimte kan geven.' – Walter Isaacson, biograaf van Steve Jobs 'In dit verrassende, meeslepende boek laat Joshua Wolf Shenk zien dat het idee van het eenzame genie achterhaald is. Onze rijkste kunst en wetenschap komt voort uit samenwerking. We hebben elkaar nodig.' – Andrew Solomon, auteur van *Ver van de boom*

A reassessment of the life of Abraham Lincoln argues that America's sixteenth president suffered from depression and explains how Lincoln used the coping strategies he had developed to face the crises of the Civil War and personal tragedy.

Managing Your Depression will bring depression management strategies to people who do not have access to mental health programs or who want to learn new skills.

Genre studies and genre approaches to literacy instruction continue to develop in many regions and from a widening variety of approaches. Genre has provided a key to understanding the varying literacy cultures of regions, disciplines, professions, and educational settings. *GENRE IN A CHANGING WORLD* provides a wide-ranging sampler of the remarkable variety of current work. The twenty-four chapters in this volume, reflecting the work of scholars in Europe, Australasia, and North and South America, were selected from the over 400 presentations at SIGET IV (the Fourth International Symposium on Genre Studies) held on the campus of UNISUL in Tubarão, Santa Catarina, Brazil in August 2007—the largest gathering on genre to that date. The chapters also represent a wide variety of approaches, including rhetoric, Systemic Functional Linguistics, media and critical cultural studies, sociology, phenomenology, enunciation theory, the Geneva school of educational sequences, cognitive psychology, relevance theory, sociocultural psychology, activity theory, Gestalt psychology, and schema theory. Sections are devoted to theoretical issues, studies of genres in the professions, studies of genre and media, teaching and learning genre, and writing across the curriculum. The broad selection of material in this volume displays the full range of contemporary genre studies and sets the ground for a next generation of work.

Presents an eclectic collection of Buddhist-inspired writings on a wide range of issues by such contributors as the Dalai Lama, Pema Chodron, and Thich Nhat Hanh.

Op zesendertigjarige leeftijd wordt de briljante en ambitieuze neurochirurg Paul Kalanithi gediagnosticeerd met stadium IV longkanker. Van de ene op de andere dag verandert hij van een arts die levens redt in een patiënt die moet vechten voor zijn eigen leven. De laatste 22 maanden van zijn leven besluit hij zijn grote ambitie waar te maken: een meesterlijk boek schrijven over zijn bijzondere levensloop. Wat maakt het leven nog de moeite waard als je de dood in de ogen kijkt? Wat doe je als al je dromen over een toekomst plaats moeten maken voor een miserabel noodlot? Wat betekent het om een kind te krijgen en nieuw leven op aarde te zetten terwijl je eigen leven langzaam wegebt? Paul Kalanithi stierf in maart 2015, terwijl hij de laatste hand legde aan zijn memoires. Zijn wijze observaties en rijke inzichten in het leven zijn hartverscheurend. Als adem vervliegt is een onvergetelijk boek over een naderend einde en de relatie tussen arts

en patiënt van een begenadigd schrijver, die helaas beide rollen moest vervullen.

Dr. Perry Baird was een opkomend medisch talent op Harvard in de jaren 1920. Hij was zijn tijd ver vooruit toen hij aan het begin van zijn carrière onderzoek deed naar de biochemische oorsprong van manische-depressieve stoornissen. De blik van dr. Baird op deze ziekte was een bijzondere: hij was niet alleen arts en onderzoeker, maar ook patiënt. Baird werd opgenomen en verbleef de rest van zijn leven in instellingen. Toen een hersenbloeding als gevolg van een gedwongen lobotomie hem fataal werd, liet hij een grote stapel incompleet onderzoek achter. En zijn memoires. Vele jaren later stuit Mimi Baird, zijn oudste dochter, op dit unieke manuscript van haar verguisde vader, die het grootste deel van haar jeugd afwezig was en over wie in de familie gezwegen wordt. Met terugwerkende kracht leert Mimi haar vader kennen, zijn manische opwindings en scherpzinnige observaties, zijn humor en zijn race tegen de klok om een remedie te vinden voor de ziekte die zijn leven overnam. Met een tedere verbetenheid probeert zij de losse eindjes die hij achterliet aan elkaar te knopen. Hij wilde de maan is zowel het unieke verslag van een man die met verbazende helderheid en literaire allure zijn eigen ziekte analyseert als het ontroerende verhaal van een dochter die vastberaden is eerherstel te realiseren voor de vader die zij nooit gehad heeft. Mimi Baird komt uit Boston. Ze werkte aan de Harvard Graduate School of Education en verhuisde later naar Woodstock, Vermont, waar ze werkte als officemanager aan het Dartmouth-Hitchcock Medical Center. Mimi heeft twee kinderen en vier kleinkinderen. 'Beste boek van 2015.' THE WASHINGTON POST 'Een thrillerschrijver zou jaloers zijn: dr. Baird is een pure onbetrouwbare verteller; objectief, charmant, geestig, en dan plots een beetje vreemd, en daarna totaal verdwenen, een irrationele vreemdeling achterlatend. De lezer kan de golven van zijn hersenen volgen zoals, in Mimi's woorden, zijn handschrift vervormde: van netjes naar slordig en weer terug.' THE NEW YORK TIMES 'Buitengewoon (...), een opmerkelijk eloquente weergave van een geestesziekte, die doet denken aan Kay Redfield Jamison's An Unquiet Mind en Susanna Kaysens Girl, Interrupted. Perry Baird is zich griezelig bewust van zijn conditie, net als van de onmogelijkheid de symptomen en barbaarse behandelingen te ontwijken. (...) Dr. Baird heeft zijn dochter nooit goed leren kennen - net als haar prestatie dit verhaal te vertellen.' THE WASHINGTON POST

With more than 184 Christian writer's groups and 155 conferences, thousands of writers are looking for encouragement and insight. Yet, every Christian who writes faces the same issue: finding daily inspiration and creativity. Designed to be both encouraging and practical, "Writers in the Spirit" guides writers from the novice stage to becoming dedicated authors, something that Carol Rottman achieved when she put aside all other "paying work" to write full time. Included in these pages are insight and practical tips on such topics as: Writing Realism: "Take yet another scroll, and write on it all the former words that were on the first scroll ..." (Jeremiah 36:27). Popular media have romanticized writers' lives to be devoted entirely to making beautiful stories. Writers in the Spirit explains the practical issues that writers face and shows how it is possible to overcome dry spells, endless revisions and even self-doubt. Writing with Fervor: Much of the Apostle Paul's writing was done in prison. Paul's passion to win people to Christ overcame any obstacle. While many new writers feel restrained, Writers in the Spirit shows how to find the passion that fuels the writing process. Writing in the Spirit: "This is what we speak, not words taught by human wisdom, but in words taught by the Spirit ..." (1 Corinthians 2:13). Rottman shows that a personal relationship with God is the best source of inspiration. Mediating on God's word will yield creativity from the Creator. "Many of us are called as witnesses to the life-experiences God has entrusted to us. If your witness takes the form of the written word, this book will go with you as a trusted companion traveling the same path." - Former President Jimmy Carter Author, Statesman, and Thirty-ninth President of the United States "'Writers in the Spirit' helps connect me to God while reminding me that writing is a gift from Him and a calling to be both treasured and nurtured." - Sally Stuart, Editor, Christian Writers' Market Guide

Unholy Ghost Writers on Depression William Morrow

Over the past forty years, the health humanities, previously called the medical humanities, has emerged as one of the most exciting fields for interdisciplinary scholarship, advancing humanistic inquiry into bioethics, human rights, health care, and the uses of technology. It has also helped inspire medical practitioners to engage in deeper reflection about the human elements of their practice. In Health Humanities Reader, editors Therese Jones, Delese Wear, and Lester D. Friedman have assembled fifty-four leading scholars, educators, artists, and clinicians to survey the rich body of work that has already emerged from the field—and to imagine fresh approaches to the health humanities in these original essays. The collection's contributors reflect the extraordinary diversity of the field, including scholars from the disciplines of disability studies, history, literature, nursing, religion, narrative medicine, philosophy, bioethics, medicine, and the social sciences. With warmth and humor, critical acumen and ethical insight, Health Humanities Reader truly humanizes the field of medicine. Its accessible language and broad scope offers something for everyone from the experienced medical professional to a reader interested in health and illness.

In this eloquent collection of essays—from the editor of the national bestseller Unholy Ghost: Writers on Depression—contributors reveal their experiences in caring for family through illness and death Today, thirty million people look after frail family members in their own homes. This number will increase drastically over the next decade—as baby boomers tiptoe toward old age; as soldiers return home from war wounded, mentally and physically; as a growing number of Americans find themselves caught between the needs of elderly parents and young children; as medical advances extend lives and health insurance fails to cover them. This compelling book offers both literary solace and guidance to the people who find themselves witness to—and participants in—the fading lives of their intimates. Some of the country's most accomplished writers offer frank insights and revelations about this complex relationship. Julia Glass describes the tension between giving care—to her two young sons—and needing care after being diagnosed with breast cancer; Ann Harleman explores her decision to place her husband in an institution; Sam Lipsyte alternates between dark humor and profound understanding in telling the story of his mother's battle with cancer; Ann Hood wishes she'd had more time as a caregiver, to prepare herself for the loss of her daughter; Andrew Solomon examines the humbling experience of returning as an adult to be cared for by his father; cartoonist Stan Mack offers an illustrated piece about the humor and hell of making his way through the medical bureaucracy alongside his partner, Janet; Julia Alvarez writes about the competition between her and her three sisters to be the best daughter as they tend to their ailing parents. An Uncertain Inheritance examines the caregiving relationship from every angle—children caring for parents; parents caring for children; sib-lings, spouses, and close friends, all looking after one another—to reveal the pain, intimacy, and grace that take place in this meaningful connection.

?It is now universally accepted that we are experiencing a profound mental health epidemic, and too often Christians have struggled to know how to respond. The need for the church to take

mental health issues more seriously is urgent, and this is perhaps especially true when it comes to understanding depression. Offering a theological and biblical account of depression, this book considers how depression has been understood and interpreted by Christians and how plausible and pastorally helpful these understandings are. It offers an important and well-informed resource for those with, or preparing for, positions of pastoral responsibility within the Christian Church With a foreword by John Swinton.

Depression has colonized the world. Today, more than 300 million of us have been diagnosed as depressed. But 150 years ago, "depression" referred to a mood, not a sickness. Does that mean people weren't sick before, only sad? Of course not. Mental illness is a complex thing, part biological, part social, its definition dependent on time and place. But in the mid-twentieth century, even as European empires were crumbling, new Western clinical models and treatments for mental health spread across the world. In so doing, "depression" began to displace older ideas like "melancholia," the Japanese "utsushu," or the Punjabi "sinking heart" syndrome. Award-winning historian Jonathan Sadowsky tells this global story, chronicling the path-breaking work of psychiatrists and pharmacists, and the intimate sufferings of patients. Revealing the continuity of human distress across time and place, he shows us how different cultures have experienced intense mental anguish, and how they have tried to alleviate it. He reaches an unflinching conclusion: the devastating effects of depression are real. A number of treatments do reduce suffering, but a permanent cure remains elusive. Throughout the history of depression, there have been overzealous promoters of particular approaches, but history shows us that there is no single way to get better that works for everyone. Like successful psychotherapy, history can liberate us from the negative patterns of the past.

'De kaart van zout en sterren' van Jennifer Zeynab Joukhadar is een betoverend boek voor liefhebbers van 'De zoon van de verhalenverteller'. Jennifer Zeynab Joukhadar vertelt het hartverscheurende verhaal van een hedendaags Syrisch meisje en een middeleeuwse avonturier, en beide verhaallijnen zijn even sterk en meeslepend. Wanneer Nours vader overlijdt, besluit haar moeder met haar drie dochters terug te verhuizen van New York naar Syrië. Nour probeert de herinnering aan haar vader levend te houden door zijn verhalen over Rawiya te herhalen, een meisje in de twaalfde eeuw dat zich vermomt als jongen om bij een beroemde kaartenmaker in dienst te treden. Syrië blijkt veranderd en al snel bereikt het geweld Homs. De familie wordt gedwongen te vluchten, en ze nemen dezelfde route als Rawiya honderden jaren eerder. Die is niet geheel zonder gevaar en ze komen voor een keuze te staan die het gezin voorgoed uiteen kan laten vallen. Jennifer Zeynab Joukhadar is een Syrisch-Amerikaanse schrijfster. Ze is geboren in New York, en heeft een islamitische vader en een christelijke moeder. Haar korte verhalen verschenen onder andere in Kenyon Review en The Saturday Evening Post. 'De kaart van zout en sterren' is haar debuut.

De dood is de sleutel van de deur naar het leven. Als wij aanvaarden dat ons leven begrensd is, vinden wij de kracht om de rollen en verwachtingen die ons vreemd zijn van ons af te zetten. Uitgaande van deze overtuiging bracht Elisabeth Kübler-Ross in dit boek uitspraken, meningen en denkbeelden over de dood bijeen.

We live in an era of depression, a condition that causes extensive suffering for individuals and families and saps our collective productivity. Yet there remains considerable confusion about how to understand depression. *Depression: Integrating Science, Culture, and Humanities* looks at the varied and multiple models through which depression is understood. Highlighting how depression is increasingly seen through models of biomedicine—and through biomedical catch-alls such as "broken brains" and "chemical imbalances"—psychiatrist and cultural studies scholar Bradley Lewis shows how depression is also understood through a variety of other contemporary models. Furthermore, Lewis explores the different ways that depression has been categorized, described, and experienced across history and across cultures.

Tijdens de toespraak bij haar vaders begrafenis wordt Siri Hustvedt voor het eerst overvallen door een hevige aanval. Ze begint te trillen en heeft geen controle meer over zichzelf. In *Een geschiedenis van mijn zenuwen* gaat Hustvedt op zoek naar een diagnose. Is haar aandoening psychologisch van aard, neurologisch of een combinatie daarvan? In *Een geschiedenis van mijn zenuwen* neemt Siri Hustvedt de lezer mee op een fascinerende reis door de medische geschiedenis, psychiatrie, psychoanalyse, neurowetenschap, literatuur en filosofie. Ze biedt met haar grote kennis en heldere stijl inzicht in het wezen van ons bewustzijn, en in ongrijpbare fenomenen als het geheugen, dromen en trauma's.

Beschrijving van een methode om anorexia te genezen, mede gebaseerd op de ervaringen van de schrijfster met haar beide dochters.

The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and 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 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 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 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 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 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 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 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, O'Connor offers new hope—and new life—for sufferers of depression.

A science journalist explores the latest research on dreams—how they work, what they're for, and how we can reap the benefits. While on a research trip in Peru, science journalist Alice Robb became hooked on lucid dreaming—the uncanny phenomenon in which a sleeping person can realize that they're dreaming and even control the dreamed experience. Finding these forays both puzzling and exhilarating, Robb dug deeper into the science of dreams at an extremely opportune moment: just as researchers began to understand why dreams exist. They aren't just random events; they have clear purposes. They help us learn and even overcome psychic trauma. Robb draws on fresh and forgotten research, as well as her experience and that of other dream experts, to show why dreams are vital to our emotional and physical health. She explains how we can remember our dreams better—and why we should. She traces the intricate links between dreaming and creativity, and even offers advice on how we can relish the intense adventure of lucid dreaming for ourselves. *Why We Dream* is both a cutting-edge examination of the meaning and purpose of our nightly visions and a guide to changing our dream lives in order to make our waking lives richer, healthier, and happier. "Robb offers a welcome antidote to the medicine administered by most sleep gurus." —New Yorker
Written in clear, nontechnical language, this two-volume resource presents a complete contemporary portrait of depressive disorders, summarizing the latest scientific, medical, and societal thinking on a wide variety of depression-related topics.

In *Depression: A Public Feelings Project*, Ann Cvetkovich seeks to understand why intellectuals, activists, professionals, and other privileged people struggle with feelings of hopelessness and self-loathing. She focuses particularly on those in academia, where the pressure to succeed and the desire to find space for creative thinking and alternative worlds bump up against the harsh conditions of a ruthlessly competitive job market, the shrinking power of the humanities, and the corporatization of the university. In her candid memoir, Cvetkovich describes what it was like to move through the days as she finished her dissertation, started a job, and then completed a book for tenure. Turning to critical essay, she seeks to create new forms of writing and knowledge that don't necessarily follow the usual methods of cultural critique but instead come from affective experience, ordinary life, and alternative archives. Across its different sections, including the memoir, the book crafts - and it's no accident that crafting is one of its topics -- a cultural analysis that can adequately represent depression not as medical pathology but as a historical category, a felt experience, and a point of entry onto discussions not only about theory and contemporary culture but about how to live.

Where Is God in the Struggle? Looking away from despair towards hope can feel risky. What if God doesn't come through for you? What if you don't feel instantly better? Instead of offering simple platitudes or unrealistic "cure-all" formulas, Edward T. Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the gospel, and giving fresh hope to those who struggle. Originally published as *Depression: A Stubborn Darkness—Light for the Path*, this new edition is updated with added content. -- "I cannot overstate the importance, timeliness, and helpfulness of this book. Ed has given us the wisdom that only comes from a heart shaped by the gospel and a deep compassion for people, generated by the love of Jesus. This is a must read and a must share." Scotty Smith, Senior Pastor, Christ Community Church; author of *The Reign of Grace and Objects of His Affection* "An all-too-rare combination of gospel understanding, biblical wisdom, personal empathy and long counseling experience shines through these pages. What is most needed is a course of divinely prescribed anti-depressants. Like a skilled spiritual pharmacist, Ed Welch fills that prescription for us." Sinclair B. Ferguson, Senior Minister, First Presbyterian Church, Columbia, S.C.; theologian; author of *The Christian Life* "I have come to rely on Ed Welch and others at CCEF for guidance and insight in better understanding the issues of the soul that plague many people today. For those who want to address more than just the symptoms of depression, Ed's counsel is invaluable." Bob Lepine, Co-Host, *FamilyLife Today*

"An original, fascinating, and beautifully written reckoning . . . of that great human passion: to write."—Kay Redfield Jamison, national bestselling author of *An Unquiet Mind* Why is it that some writers struggle for months to come up with the perfect sentence or phrase while others, hunched over a keyboard deep into the night, seem unable to stop writing? In *The Midnight Disease*, neurologist Alice W. Flaherty explores the mysteries of literary creativity: the drive to write, what sparks it, and what extinguishes it. She draws on intriguing examples from medical case studies and from the lives of writers, from Franz Kafka to Anne Lamott, from Sylvia Plath to Stephen King. Flaherty, who herself has grappled with episodes of compulsive writing and block, also offers a compelling personal account of her own experiences with these conditions. "[Flaherty] is the real thing . . . and her writing magically transforms her own tragedies into something strange and whimsical almost, almost funny."—The Washington Post "This is interesting, heated stuff."—San Francisco Chronicle "Brilliant . . . [a] precious jewel of a book . . . that sparkles with some fresh insight or intriguing fact on practically every page."—Seattle Post-Intelligencer "Flaherty mixes memoir, meditation, compendium and scholarly reportage in an odd but absorbing look at the neurological basis of writing and its pathologies . . . Writers will delight in the way information and lore are interspersed."—Publishers Weekly

Experiences of Depression is a philosophical exploration of what it is like to be depressed. In this important new book, Matthew Ratcliffe develops a detailed account of depression experiences by drawing on work in phenomenology, philosophy of mind, and several other disciplines. In so doing, he makes clear how phenomenological research can contribute to psychiatry, by helping us to better understand patients' experiences, as well as informing classification, diagnosis, and treatment. This book will be of interest to anyone seeking to understand and relate to experiences of depression, including philosophers, psychiatrists, clinical psychologists, therapists, and those who have been directly or indirectly affected by depression.

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