



## An Unquiet Mind: Picador Classic (Main Market Ed.)

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By Kay Redfield Jamison, Andrew Solomon

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, An Unquiet Mind: Picador Classic (Main Market Ed.), Kay Redfield Jamison, Andrew Solomon, With an introduction by Andrew Solomon 'It stands alone in the literature of manic depression for its bravery, brilliance and beauty.' Oliver Sacks I was used to my mind being my best friend. Now, all of a sudden, my mind had turned on me: it mocked me for my vapid enthusiasms; it laughed at all of my foolish plans; it no longer found anything interesting or enjoyable or worthwhile. Dr Kay Redfield Jamison is one of the foremost authorities on manic depression (bipolar disorder) - and has experienced its terrors and cruel allure first-hand. While pursuing her career in medicine, she was affected by the same exhilarating highs and catastrophic lows that afflicted many of her patients. From her jubilant childhood to the disquiet that has dominated her adult life, she charts a journey through her own mind, and those of others. An Unquiet Mind is a definitive examination of manic depression from both sides: doctor and patient, the healer and the healed. A classic memoir of enormous candour and courage, it teems with the wit and wisdom of...



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