



An Unquiet Mind: A Memoir of Moods and Madness

By Kay Redfield Jamison

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

WITH A NEW PREFACE BY THE AUTHOR

In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness.

Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide.

Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

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

- Sales Rank: #1712 in Books
- Brand: Vintage
- Published on: 1996-10
- Released on: 1997-01-14
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .60" w x 5.20" l, .46 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

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.

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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.

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