

Welcome My Country Lauren Slater

Through ten examples of ingenious experiments by some of psychology's most innovative thinkers, Lauren Slater traces the evolution of the century's most pressing concerns—free will, authoritarianism, conformity, and morality. Beginning with B. F. Skinner and the legend of a child raised in a box, Slater takes us from a deep empathy with Stanley Milgram's obedience subjects to a funny and disturbing re-creation of an experiment questioning the validity of psychiatric diagnosis. Previously described only in academic journals and textbooks, these often daring experiments have never before been narrated as stories, chock-full of plot, wit, personality, and theme.

Meredith Hall's moving but unsentimental memoir begins in 1965, when she becomes pregnant at sixteen. Shunned by her insular New Hampshire community, she is then kicked out of the house by her mother. Her father and stepmother reluctantly take her in, hiding her before they finally banish her altogether. After giving her baby up for adoption, Hall wanders recklessly through the Middle East, where she survives by selling her possessions and finally her blood. She returns to New England and stitches together a life that encircles her silenced and invisible grief. When he is twenty-one, her lost son finds her. Hall learns that he grew up in gritty poverty with an abusive father—in her own father's hometown. Their reunion is tender, turbulent, and ultimately redemptive. Hall's parents never ask for her forgiveness, yet as they age, she offers them her love. What sets *Without a Map* apart is the way in which loss and betrayal evolve into compassion, and compassion into wisdom.

"The beauty of Lauren Slater's prose is shocking," said *Newsday* about *Welcome to My Country*, and now, in this powerful and provocative new book, Slater brilliantly explores a mind, a body, and a life under siege. Diagnosed as a child with a strange illness, brought up in a family given to fantasy and ambition, Lauren Slater developed seizures, auras, neurological disturbances--and an ability to lie. In *Lying: A Metaphorical Memoir*, Slater blends a coming-of-age story with an electrifying exploration of the nature of truth, and of whether it is ever possible to tell--or to know--the facts about a self, a human being, a life. *Lying* chronicles the doctors, the tests, the seizures, the family embarrassments, even as it explores a sensitive child's illness as both metaphor and a means of attention-getting--a human being's susceptibility to malady, and to storytelling as an act of healing and as part of the quest for love. This mesmerizing memoir openly questions the reliability of memoir itself, the trickiness of the mind in perceiving reality, the slippery nature of illness and diagnosis--the shifting perceptions and images of who we are and what, for God's sake, is the matter with us. In *Lying*, Lauren Slater forces us to redraw the boundary between what we know as fact and what we believe we create as fiction. Here a young woman discovers not only what plagues her but also what heals her--the birth of sensuality, her creativity as an artist--in a book that reaffirms how a fine writer can reveal what is common to us all in the course of telling her own unique story. About *Welcome to My Country*, the *San Francisco Chronicle* said, "Every page brims with beautifully rendered images of thoughts, feelings, emotional states." The same can be said about *Lying: A Metaphorical Memoir*.

In this groundbreaking book, Tanya Luhrmann -- among the most admired of young American anthropologists -- brings her acute intelligence and her sophisticated powers of observation to bear on the world of psychiatry. On the basis of extensive interviews with patients and doctors, as well as day-to-day investigative fieldwork in residency programs, private psychiatric hospitals, and state hospitals, Luhrmann shows us how psychiatrists are trained, how they develop their particular way of seeing and listening to their patients, what makes a psychiatrist successful, and how the enormous ambiguities in the field affect its practitioners and patients. How do psychiatrists learn to do what they do? What is it like for psychiatrists to deal with people who are in emotional extremity? How does the choice between drug therapy and talk therapy, each of which requires very different skills, affect the way psychiatrists understand their patients? Boldly and with sharp insight, Luhrmann takes the reader into the world of young doctors in training. At a time when mood-altering drugs have revolutionized the treatment of the mentally ill and HMOs are forcing caregivers to take the pharmacological route, Luhrmann places us at the heart of the struggle -- do we treat people's brains or their minds? -- and allows us to see exactly what is at stake.

As acclaimed psychological researcher and author David Buss writes, "People are mesmerized by murder. It commands our attention like no other human phenomenon, and those touched by its ugly tendrils never forget." Though we may like to believe that murderers are pathological misfits and hardened criminals, the vast majority of murders are committed by people who, until the day they kill, would seem to be perfectly normal. David Buss's pioneering work has made major national news in the past, and this provocative book is sure to generate a storm of attention. *The Murderer Next Door* is a riveting look into the dark underworld of the human psyche—an astonishing exploration of when and why we kill and what might push any one of us over the edge. A leader in the innovative field of evolutionary psychology, Buss conducted an unprecedented set of studies investigating the underlying motives and circumstances of murders, from the bizarre outlier cases of serial killers to those of the friendly next-door neighbor who one day kills his wife. Reporting on findings that are often startling and counterintuitive—the younger woman involved in a love triangle is at a high risk of being killed—he puts forth a bold new general theory of homicide, arguing that the human psyche has evolved specialized adaptations whose function is to kill. Taking readers through the surprising twists and turns of the evolutionary logic of murder, he explains exactly when each of us is most at risk, both of being murdered and of becoming a murderer. His findings about the high-risk situations alone will be news making. Featuring gripping storytelling about specific murder cases—including a never used FBI file of more than 400,000 murders and a highly detailed study of 400 murders conducted by Buss in collaboration with a forensic psychiatrist, and a pioneering investigation of homicidal fantasies in which Buss found that 91 percent of men and 84 percent of women have had at least one such vivid fantasy—*The Murderer Next Door* will be necessary reading for those who have been fascinated by books on profiling, lovers of true crime and murder mysteries, as well as readers intrigued by the inner workings of the human mind.

Compiles the best literary essays of the year originally published in American periodicals

"Capacious and rigorous . . . *Blue Dreams*, like all good histories of medicine, reveals healing to be art as much as science." --Parul Sehgal, *New York Times* "Terrific." --@MichaelPollan "Ambitious...Slater's depictions of madness are terrifying and fascinating." --USA Today "A vivid and thought-provoking synthesis." --Harper's A groundbreaking and revelatory history of psychotropic drugs, from "a thoroughly exhilarating and entertaining writer" (*Washington Post*). Although one in five Americans now takes at least one psychotropic drug, the fact remains that nearly seventy years after doctors first began prescribing them, not even their creators understand exactly how or why these drugs work--or don't work--on what ails our brains. *Blue Dreams* offers the explosive story of the discovery and development of psychiatric medications, as well as the science and the people behind their invention, told by a riveting writer and psychologist who shares her own experience with the highs and lows of psychiatric drugs. Lauren Slater's revelatory account charts psychiatry's journey from its earliest drugs, Thorazine and lithium, up through Prozac and other major antidepressants of the present. *Blue Dreams* also chronicles experimental treatments involving Ecstasy, magic mushrooms, the most cutting-edge memory drugs, placebos, and even neural implants. In her thorough analysis of each treatment, Slater asks three fundamental questions: how was the drug born, how does it work (or fail to work), and what does it reveal about the ailments it is meant to treat? Fearlessly weaving her own intimate experiences into comprehensive and wide-ranging research, Slater narrates a personal history of psychiatry itself. In the process, her powerful and groundbreaking exploration casts modern psychiatry's ubiquitous wonder drugs in a new light, revealing their ability to heal us or hurt us, and proving an indispensable resource not only for those with a psychotropic prescription but for anyone who hopes to understand the limits of what we know about the human brain and the possibilities for future treatments.

Acclaimed author Lauren Slater ruminates on what it means to be family. Lauren Slater's rocky childhood left her cold to the idea of ever

creating a family of her own, but a husband, two dogs, two children, and three houses later, she came around to the challenges, trials, and unexpected rewards of playing house. In these autobiographical pieces, Slater presents snapshots of domestic life, populating them with the gritty details and jarring realities of sharing home, life, and body in the curious institution called "family." She asks difficult questions and probes unsettling truths about sex, love, and parenting. In these pages, Slater introduces us to her struggles with her mother, her determination to make a home of her own, her compromises in deciding to marry (her conflicts manifesting as an affair on the eve of her wedding), her initial struggle to connect with her newborn child, and the dilemmas of mothering with a mental illness. She writes openly about her decision to abort her second pregnancy and her later decision to have a second child after all. She tells us about the searing decision to have elective double mastectomy and how her love for her husband was magically rekindled after she saw him catch fire in a chemical accident. It's not all mastectomies and chemical fires, though. Slater digs into the everyday challenges of family living, from buying a lemon of a car and fighting back menacing weeds to gaining weight and being jealous of the nanny. Beautifully written, often humorous, and always revealing, these stories scrutinize the complex questions surrounding family life, offering up sometimes uncomfortable truths.

When she is forced to leave Vietnam, a young girl brings a lotus seed with her to America in remembrance of her homeland. "Exquisite artwork fuses with a compelling narrative--a concise endnote places the story effectively within a historical context--to produce a moving and polished offering."--Publishers Weekly

Packed with the most recent and relevant articles in the field, CONSTRUCTIONS OF DEVIANCE: SOCIAL POWER, CONTEXT, AND INTERACTION, Sixth Edition, shows you how to apply the concepts and theories of deviance to the world around you. The text's current, comprehensive coverage includes both theoretical analyses and ethnographic illustrations of how deviance is socially constructed, organized, and managed. Seasoned authors and award-winning professors, Patricia Adler and Peter Adler cover a wide variety of deviant acts--challenging you to see the diversity and pervasiveness of deviance in society. The text presents deviance as a component of society and examines the construction of deviance in terms of differential social power. Its unique "interactionist" or "constructionist" perspective on deviance explores the processes in society that create deviance. Ethnographic in character, the authors' intriguing selected studies focus on the experiences of deviants, the deviant-making process, and the ways in which people labeled as deviant in society react to that label. The balanced selection of readings is timely and engaging, while in-depth introduction, explanation of theory, and discussion questions after each reading guide you through the fascinating material.

"I'm not alone. I am part of a generation of fragmented Jews. We're in a kind of limbo. We're suspended between young adulthood and middle age, between Judaism and atheism, between a desire to believe in religion and a personal history of skepticism. Call us a bunch of searchers. Call us post-Holocaust Jews. Call us Generation J." Generation J is the ambivalent generation: unaffiliated seekers, men and women who have grown up questioning the bounds of organized religion. Lisa Schiffman is one of these seekers, and Generation J chronicles her journey through the contradictory landscape of Jewish identity. Moving from the personal to the universal, from autobiography to anthropology, from laughter to tears, Schiffman shows us the many ways in which one can be religious. Whether dipping into a ritual bath, getting henna-tattooed with the Star of David, unravelling the mysteries of the kabbalah, or confronting what Jewish tradition has to say about gay marriage, Schiffman reveals the conflicts of meaning and connection common to all who try to chart their own spiritual path. And, through it all, with humor and sensitivity, she confronts the reasons for her own quest and begins to untangle some of the thorniest questions about identity, community, and religion in America today. This engaging exploration of what it means to be Jewish is every bit as much a fascinating tour of the varieties of contemporary Jewish practice as it is an unusual personal quest. Smart, funny, and provocative, Schiffman brilliantly explores the problems and possibilities facing any spiritual seeker today.

As women, we know how important it is to take charge of our health care-to be informed and proactive. But too often we forget that our mental wellness is an integral part of our overall health. The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions, whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce. Drawing on the latest thinking in psychiatry and psychology, written for women of diverse backgrounds, The Complete Guide to Mental Health for Women begins with Part One, the life cycle, helping women understand the major issues and biological changes associated with young adulthood, middle age, and old age. Specific entries address the psychological importance of women's sexuality, relationships, motherhood, childlessness, trauma, and illness and discuss how social contexts, such as poverty and racism, inevitably affect mental health. Part Two explores specific mental disorders, including those, like postpartum depression, related to times when women are particularly vulnerable to mental illness. Part Three takes a closer look at biological treatments-including the use of antidepressants, and various types of psychotherapy-from cognitive behavioral treatments to EMDR and beyond. The Complete Guide to Mental Health for Women ends with a section on life enhancements-because the activities that help us live fuller, more vital lives are also essential to our mental health. The Complete Guide to Mental Health for Women * Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists * Helps women think through the psychological challenges inherent in the life cycle, from young adulthood through old age * Focuses on key life issues, from sexuality and relationships to trauma and racism * Provides important information on mental disorders, their biological treatments, and psychotherapeutic interventions * Includes a comprehensive list of psychotropic medications, targeted reading suggestions, crucial online resources, and support groups The Complete Guide to Mental Health for Women covers what every woman should know about: * Aging. What should I expect from menopause? What do I need to know about the benefits and risks of hormone therapy? * Pregnancy. How will becoming a mother change me? How do I overcome postpartum depression? * Childlessness. What if I don't want to be a mother? * Sexuality. Is a "female Viagra" the solution to women's sexual complaints? How does societal ambivalence about women's sexuality affect me? * Body Image and Eating Disorders. Are all eating disorders a reaction to societal pressures to be thin? * Polypharmacy. Why are some patients prescribed more than one type of psychotropic drug? Is this overmedicating? * Finding a Psychotherapist. How do I know if a therapist is right for me? And how do I know what type of therapy I need? * Anger. Why is it the most difficult emotion for many women to express? * EMDR. What exactly is EMDR? Is it a reputable therapy? * Depression and Anxiety. What do I need to know about psychopharmaceuticals? Does talk therapy help? * Complementary Treatments for Depression and Anxiety. Does St. John's Wort really work? What else might help?

"Soars into sublime meditation...what makes this book so extraordinary is her willingness to reveal exactly what goes on in the sometimes mysterious encounter between therapist and patient."—The Los Angeles Times. A moving account of a true-life double healing through psychotherapy. In this brave, iconoclastic, and utterly unique book, psychotherapist Annie Rogers chronicles her remarkable bond with Ben, a severely disturbed five-year-old. Orphaned, fostered, neglected, and forgotten in a household fire, Ben finally begins to respond to Annie in their intricate and revealing platonic therapy. But as Ben begins to explore the trauma of his past, Annie finds herself being drawn downward into her own mental anguish. Catastrophically failed by her own therapist, she is hospitalized with a breakdown that renders her unable to speak. Then she and her gifted new analyst must uncover where her story of childhood terror overlaps with Ben's, and learn how she can complete her work with the child by creating a new story from the old—one that ultimately heals them both.

At the age of 15, during one long and difficult summer, Michael Greenberg's daughter, Sally, was struck mad. Her visionary crack-up occurred on the streets of Greenwich Village and continued, among other places, in the lost-in-time world of a Manhattan psychiatric ward during New York City's most sweltering months. Hurry Down Sunshine is Greenberg's journey toward comprehending mental illness in his own family. With touching honesty and intimacy, he reveals the effect of Sally's mania on those closest to her, including her easygoing

brother, her stalwart grandmother, her new-age mother, her artistic, loving stepmother—and, finally, on himself. Unsentimental, nuanced and deeply humane, *Hurry Down Sunshine* is a transcendent memoir about mental illness and the restorative power of one father's love for his daughter.

A collection of original fairy tales for adults explores contemporary family dynamics, moral conundrums, and romantic love, as well as the role of stories in providing healing and illumination.

A stunning new book about the role of animals in our lives, by a popular and acclaimed writer From the time she is nine years old, biking to the farmland outside her suburban home, where she discovers a disquieting world of sleeping cows and a "Private Way" full of the wondrous and creepy creatures of the wild—spiders, deer, moles, chipmunks, and foxes—Lauren Slater finds in animals a refuge from her troubled life. As she matures, her attraction to animals strengthens and grows more complex and compelling even as her family is falling to pieces around her. Slater spends a summer at horse camp, where she witnesses the alternating horrific and loving behavior of her instructor toward the animals in her charge and comes to question the bond that so often develops between females and their equines. Slater's questions follow her to a foster family, her own parents no longer able to care for her. A pet raccoon, rescued from a hole in the wall, teaches her how to feel at home away from home. The two Shiba Inu puppies Slater adopts years later, against her husband's will, grow increasingly important to her as she ages and her family begins to grow. Slater's husband is a born skeptic and possesses a sternly scientific view of animals as unconscious, primitive creatures, one who insists "that an animal's worth is roughly equivalent to its edibility." As one of her dogs, Lila, goes blind and the medical bills and monthly expenses begin to pour in, he calculates the financial burden of their canine family member and finds that Lila has cost them about \$60,000, not to mention the approximately 400 pounds of feces she has deposited in their yard. But when Benjamin begins to suffer from chronic pain, Lauren is convinced it is Lila's resilience and the dog's quick adaptation to her blindness that draws her husband out of his own misery and motivates him to try to adjust to his situation. Ben never becomes a true believer or a die-hard animal lover, but his story and the stories Lauren tells of her own bond with animals convince her that our connections with the furry, the four-legged, the exoskeleton-ed, or the winged may be just as priceless as our human relationships. The \$60,000 Dog is Lauren Slater's intimate manifesto on the unique, invaluable, and often essential contributions animals make to our lives. As a psychologist, a reporter, an amateur naturalist, and above all an enormously gifted writer, she draws us into the stories of her passion for animals that are so much more than pets. She describes her intense love for the animals in her life without apology and argues, finally, that the works of Darwin and other evolutionary biologists prove that, when it comes to worth, animals are equal, and in some senses even superior, to human beings.

"The art of life is the most distinguished and rarest of all the arts." -C.G. Jung, *CW* 8, par. 789. *The Cycle of Life* explores the patterns that unfold over the course of our lives, as we set out to find our place in the world, in our efforts to live authentically, and in our search for home—that place within ourselves that can so easily be neglected or disregarded in this fast-paced modern world. In the first half of life, the task of the young traveler is to depart from home, to adventure out into the world to find his or her own individual path. However, in the second half, we find ourselves on what often amounts to a very long journey in search of home. In many a tale, the hero, for instance Gilgamesh, sets off on his road to find life's elixir, while other stories, such as the *Odyssey*, revolve around the hero's long and arduous journey home. Many are also familiar with the journey of Dante, who at the very beginning of his *Divine Comedy* finds himself "Midway along the journey of our life." The archetypal journey of life is constantly reenacted in the never-ending process of individuation. We find ourselves returning to this venture repeatedly, every night, as we set out on our voyage into the landscape of our unconscious. Many dreams begin by being on the way, for instance: I am on my way to ... I am driving on a road that leads into the desert ... I am walking through one room after the other in a long corridor-like building ... I am walking towards my office, but it looks different than in reality ... I walk on the pavement and on the opposite side of the street someone seems to be following me ... I go down into an underground parking ... I am in my car, but someone I don't know is driving ... I have to go to the place from where I came ...

This engaging new book takes a fresh approach to the major topics surrounding the processes and rituals of death and dying in the United States. It emphasizes individual experiences and personal reactions to death as well as placing mortality within a wider social context, drawing on theoretical frameworks, empirical research and popular culture. Throughout the text the authors highlight the importance of two key factors in American society which determine who dies and under what circumstances: persistent social inequality and the American consumerist ethic. These features are explored through a discussion of topics ranging from debates about euthanasia to deaths resulting from war and terrorism; from the death of a child to children's experience of grieving and bereavement; and from beliefs about life after death to more practical issues such as the disposal of the dead body. Drawing on sociological, anthropological, philosophical, and historical research the authors present the salient features of death and dying for upper-level students across the social sciences. For anyone interested in learning more about the end of life, this book will provide a useful and accessible perspective on the uniquely American understanding of death and dying. A brilliant psychoanalyst and professor of literature invites us to contemplate profound questions about the human experience by focusing on some of the best-known characters in literature—from how Virginia Woolf's Mrs. Dalloway copes with the inexorability of midlife disappointment to Ruth's embodiment of adolescent rebellion in Kazuo Ishiguro's *Never Let Me Go*. "So beautiful ... a fantastic book." —Zadie Smith, best-selling author of *White Teeth* In supple and elegant prose, and with all the expertise and insight of his dual professions, Josh Cohen explores a new way for us to understand ourselves. He helps us see what Lewis Carroll's Alice and Harper Lee's Scout Finch can teach us about childhood. He delineates the mysteries of education as depicted in *Jane Eyre* and as seen through the eyes of Sandy Stranger in *The Prime of Miss Jean Brodie*. He discusses the need for adolescent rebellion as embodied in John Grimes in James Baldwin's *Go Tell It on the Mountain* and in Ruth in Kazuo Ishiguro's *Never Let Me Go*. He makes clear what Goethe's Young Werther and Sally Rooney's Frances have—and don't have—in common as they experience first love; how Middlemarch's Dorothea Brooke deals with the vicissitudes of marriage. Vis-a-vis old age and death, Cohen considers what wisdom we may glean from John Ames in Marilynne Robinson's *Gilead* and from Don Fabrizio in Giuseppe Tomasi di Lampedusa's *The Leopard*. Featuring: • Alice—Lewis Carroll, *Alice's Adventures in Wonderland / Through the Looking Glass* • Scout Finch—Harper Lee, *To Kill a Mockingbird* • *Jane Eyre*—Charlotte Brontë, *Jane Eyre* • John Grimes—James Baldwin, *Go Tell It on the Mountain* • Ruth—Kazuo Ishiguro, *Never Let Me Go* • Vladimir Petrovitch—Ivan Turgenev, *First Love* • Frances—Sally Rooney, *Conversations with Friends* • Jay Gatsby—F. Scott Fitzgerald, *The Great Gatsby* • Esther Greenwood—Sylvia Plath, *The Bell Jar* • Clarissa Dalloway—Virginia Woolf, *Mrs. Dalloway* • And more!

Provides a look inside the world of the schizophrenic, the suicidal, and other troubled individuals, in a personal study that chronicles the author's work with patients suffering from mental and emotional distress

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its

famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

Enigmatic and explosive, Irving Layton was indisputably one of this country's most controversial literary figures. His flamboyant style and outspokenness won him friends and enemies. His visceral and lyrical poetry earned him reverence and international acclaim. In *Waiting for the Messiah*, first published in 1985, Layton writes openly about his life and the discordant impulses that shaped him into the provocative poet and personality that he became. With the vitality, passion, and intimacy that characterizes his verse, his memoir -- covering the years between 1912 and 1946 -- sheds welcome light on Irving Layton's public persona, and gives further substance to one of the most impressive bodies of work in Canadian poetry. His self-portrait teems with insight and energy, and paints a picture of a colourful life, from its beginnings in Montreal's Jewish ghetto. As a high-spirited, life-loving, and sensual boy, he reacted against anti-Semitism and poverty that surrounded him, rejecting his parents' values and orthodox beliefs. He battled his way through an educational system that provided no outlet for his imagination. Layton's "crazy need for experience" drove him to embrace or challenge all that he encountered, and he recounts his first experiences with sex and death, his associations with literary friends and rivals, his relationships with women. Equally compelling is his description of Montreal in the forties as a city crackling with literary and political energies. It was in the ferment of this milieu that Layton ripened as a poet. In *Waiting for the Messiah*, Layton unleashes his sparkling prose style. He is bold and revealing, scathing and witty. The result is a rich and entertaining memoir of a life which as "commuted daily between heaven and hell" and produced poems which have made a lasting contribution to Canadian literature.

The world of the schizophrenic, the depressed, the suicidal can seem a foreign, frightening place. Now, a brilliant writer/psychologist takes readers on a mesmerizing journey into this enigmatic world. As readers interact through Slater with patients Lenny, Moxi, Oscar, and Marie, they come to understand more about the human mind and spirit. First serial to Harper's. Award-winning psychology writer Annie Paul delivers a scathing exposé on the history and effects of personality tests. Millions of people worldwide take personality tests each year to direct their education, to decide on a career, to determine if they'll be hired, to join the armed forces, and to settle legal disputes. Yet, according to award-winning psychology writer Annie Murphy Paul, the sheer number of tests administered obscures a simple fact: they don't work. Most personality tests are seriously flawed, and sometimes unequivocally wrong. They fail the field's own standards of validity and reliability. They ask intrusive questions. They produce descriptions of people that are nothing like human beings as they actually are: complicated, contradictory, changeable across time and place. *The Cult Of Personality Testing* documents, for the first time, the disturbing consequences of these tests. Children are being labeled in limiting ways. Businesses and the government are wasting hundreds of millions of dollars every year, only to make ill-informed decisions about hiring and firing. Job seekers are having their privacy invaded and their rights trampled, and our judicial system is being undermined by faulty evidence. Paul's eye-opening chronicle reveals the fascinating history behind a lucrative and largely unregulated business. Captivating, insightful, and sometimes shocking, *The Cult Of Personality Testing* offers an exhilarating trip into the human mind and heart.

Drawing on hundreds of case studies, a look at the psychology of major midlife U-turns examines the life-transforming phenomenon from a philosophical, literary, scientific, and psychological perspective to explain why it occurs.

Christopher (Kit) Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family's history of depression and bipolar disorder. The brothers grew up to achieve remarkable success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his family's troubled past, but Tony never seemed to find the contentment Kit had attained—he killed himself in 1997. Written with heartrending honesty, *Blue Genes* captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp.

A riveting memoir and a fascinating investigation of the history, uses, and controversies behind lithium, an essential medication for millions of people struggling with bipolar disorder. It began in Los Angeles in 1993, when Jaime Lowe was just sixteen. She stopped sleeping and eating, and began to hallucinate—demonically cackling Muppets, faces lurking in windows, Michael Jackson delivering messages from the Neverland Underground. Lowe wrote manifestos and math equations in her diary, and drew infographics on her bedroom wall. Eventually, hospitalized and diagnosed as bipolar, she was prescribed a medication that came in the form of three pink pills—lithium. In *Mental*, Lowe shares and investigates her story of episodic madness, as well as the stability she found while on lithium. She interviews scientists, psychiatrists, and patients to examine how effective lithium really is and how its side effects can be dangerous for long-term users—including Lowe, who after twenty years on the medication suffers from severe kidney damage. *Mental* is eye-opening and powerful, tackling an illness and drug that has touched millions of lives and yet remains shrouded in social stigma. Now, while she adjusts to a new drug, her pursuit of a stable life continues as does her curiosity about the history and science of the mysterious element that shaped the way she sees the world and allowed her decades of sanity. Lowe travels to the Bolivian salt flats that hold more than half of the world's lithium reserves, rural America where lithium is mined for batteries, and tolithium spas that are still touted as a tonic to cure all ills. With unflinching honesty and humor, Lowe allows a clear-eyed view into her life, and an arresting inquiry into one of mankind's oldest medical mysteries.

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.

'Writing with a sharp immediacy and unremitting honesty...Forrest is a prodigiously talented writer with a genuinely original voice' Sydney Morning Herald

Why do some men, women and even children assault, batter, rape, mutilate and murder? In his stunning new book, the Pulitzer Prize-winner Richard Rhodes provides a startling and persuasive answer. *Why They Kill* explores the discoveries of a maverick American criminologist, Dr. Lonnie Athens -- himself the child of a violent family -- which challenge conventional theories about violent behavior. By interviewing violent criminals in prison, Dr. Athens has identified a pattern of social development common to all seriously violent people -- a four-stage process he calls "violentization": -- First, brutalization: A young person is forced by violence or the threat of violence to submit to an aggressive authority figure; he witnesses the violent subjugation of intimates, and the authority figure coaches him to use violence to settle disputes. -- Second, belligerency: The dispirited subject, determined to prevent his further violent subjugation, heeds his coach and resolves to resort to violence. -- Third, violent performances: His violent response to provocation succeeds, and he reads respect and fear in the eyes of others. -- Fourth, virulency: Exultant, he determines from now on to utilize serious violence as a means of dealing with people -- and he bonds with others who believe as he does. Since all four stages must be fully experienced in sequence and completed to produce a violent individual, we see how intervening to interrupt the process can prevent a tragic outcome. Rhodes supports Athens's theory with historical evidence and shows how it explains such violent careers as those of Perry Smith (the killer central to Truman Capote's narrative *In Cold Blood*), Mike Tyson, "preppy rapist" Alex Kelly, and Lee Harvey Oswald. *Why They Kill* challenges with devastating evidence the theory that violent behavior is impulsive, unconsciously motivated and predetermined. It offers compelling insights into the terrible, ongoing dilemma of criminal violence that plagues families, neighborhoods, cities and schools.

"Say what you mean, but don't say it mean." —12-Step aphorism From the author of *My Brain Is Hanging Upside Down*, a new graphic memoir brimming with black humor, which explores the ultimate irony: the author's addiction to 12-Step programs. David Heatley had an unquestionably troubled and eccentric childhood: father a sexually repressed alcoholic, mother an overworked compulsive overeater. Then David's parents enter the world of 12-step programs and find a sense of support and community. It seems to help. David, meanwhile, grows up struggling with his own troublesome sexual urges and seeking some way to make sense of it all. Eventually he starts attending meetings too. Alcoholics Anonymous. Overeaters Anonymous. Debtors Anonymous. Sex and Love Addicts Anonymous. More and more meetings. Meetings for issues he doesn't have. With stark, sharply drawn art and unflinching honesty, David Heatley explores the strange and touching relationships he develops, and the truths about himself and his family he is forced to confront, while "working" an ever-increasing number of programs. The result is a complicated, unsettling, and hilarious journey—of far more than 12 steps.

From the author of *The New York Times* bestseller *Self-Made Man*, a captivating expose of depression and mental illness in America Revelatory, deeply personal, and utterly relevant, *Voluntary Madness* is a controversial work that unveils the state of mental healthcare in the United States from the inside out. At the conclusion of her celebrated first book--*Self-Made Man*, in which she soent eighteen months disguised as a man--Norah Vincent found herself emotionally drained and severely depressed. Determined but uncertain about maintaining her own equilibrium, she boldly committed herself to three different facilities--a big-city hospital, a private clinic in the Midwest, and finally an upscale retreat in the South. *Voluntary Madness* is the chronicle of Vincent's journey through the world of the mentally ill as she struggles to find her own health and happiness.

From "the godfather behind creative nonfiction" (*Vanity Fair*) comes this indispensable how-to for nonfiction writers of all levels and genres, "reminiscent of Stephen King's fiction handbook *On Writing*" (*Kirkus*). Whether you're writing a rags-to-riches tell-all memoir or literary journalism, telling true stories well is hard work. In *You Can't Make This Stuff Up*, Lee Gutkind, the go-to expert for all things creative nonfiction, offers his unvarnished wisdom to help you craft the best writing possible. Frank, to-the-point, and always entertaining, Gutkind describes and illustrates every aspect of the genre. Invaluable tools and exercises illuminate key steps, from defining a concept and establishing a writing process to the final product. Offering new ways of understanding the genre, this practical guidebook will help you thoroughly expand and stylize your work.

The author of the acclaimed *Welcome to My Country* describes in this provocative and funny memoir the ups and downs of living on Prozac for ten years, and the strange adjustments she had to make to living "normal life." Today millions of people take Prozac, but Lauren Slater was one of the first. In this rich and beautifully written memoir, she describes what it's like to spend most of your life feeling crazy--and then to wake up one day and find yourself in the strange state of feeling well. And then to face the challenge of creating a whole new life. Once inhibited, Slater becomes spontaneous. Once terrified of maintaining a job, she accepts a teaching position and ultimately earns several degrees in psychology. Once lonely, she finds love with a man who adores her. Slater is wonderfully thoughtful and articulate about all of these changes, and also about the downside of taking Prozac: such matters as dependency, sexual dysfunction, and Prozac "poop-out." "The beauty of Lauren Slater's prose is shocking," said *Newsday* about *Welcome to My Country*, and Slater's remarkable gifts as a writer are present here in sentences that are like elegant darts, hitting at the center of the deepest human feelings. *Prozac Diary* is a wonderfully written report from inside a decade on Prozac, and an original writer's acute observations on the challenges of living modern life.

A psychologist and writer describes how her love of animals helped shape her life, recounting her experiences at a horseback-riding camp as a child and the marital difficulties caused by her decision to neuter the family dog despite her husband's objections. Original.

Finalist for the 2017 Pulitzer Prize in General Nonfiction An extraordinary narrative history of autism: the riveting story of parents fighting for their children's civil rights; of doctors struggling to define autism; of ingenuity, self-advocacy, and profound social change. Nearly seventy-five years ago, Donald Triplett of Forest, Mississippi, became the first child diagnosed with autism. Beginning with his family's odyssey, *In a Different Key* tells the extraordinary story of this often misunderstood condition, and of the civil rights battles waged by the families of those who have it. Unfolding over decades, it is a beautifully rendered history of ordinary people determined to secure a place in the world for those with autism—by liberating children from dank institutions, campaigning for their right to go to school, challenging expert opinion on what it means to have autism, and persuading society to accept those who are different. It is the story of women like Ruth Sullivan, who rebelled against a medical establishment that blamed cold and rejecting "refrigerator mothers" for causing autism; and of fathers who pushed scientists to dig harder for treatments. Many others played starring roles too: doctors like Leo Kanner, who pioneered our understanding of autism; lawyers like Tom Gilhool, who took the families' battle for education to the courtroom; scientists who sparred over how to treat autism; and those with autism, like Temple Grandin, Alex Plank, and Ari Ne'eman, who explained their inner worlds and championed the philosophy of neurodiversity. This is also a story of fierce controversies—from the question of whether there is truly an autism "epidemic," and whether vaccines played a part in it; to scandals involving "facilitated communication," one of many treatments that have proved to be blind alleys; to stark disagreements about whether scientists should pursue a cure for autism. There are dark turns too: we learn about experimenters feeding LSD to children with autism, or shocking them with electricity to change their

behavior; and the authors reveal compelling evidence that Hans Asperger, discoverer of the syndrome named after him, participated in the Nazi program that consigned disabled children to death. By turns intimate and panoramic, *In a Different Key* takes us on a journey from an era when families were shamed and children were condemned to institutions to one in which a cadre of people with autism push not simply for inclusion, but for a new understanding of autism: as difference rather than disability.

An inspiring and deeply personal coming of age memoir from one of Silicon Valley's youngest entrepreneurs—a second-generation Latino immigrant who taught himself how to code as a thirteen-year-old and went on to claim his share of the American dream. As his parents watched their restaurant business collapse in the wake of the Great Recession, Michael Sayman was googling “how to code.” Within a year, he had launched an iPhone app that was raking in thousands of dollars a month, enough to keep his family afloat—and in America. Entirely self-taught, Sayman headed from high school straight into the professional world, and by the time he was seventeen, he was Facebook's youngest employe ever, building new features that wowed its founder Mark Zuckerberg and are now being used by more than half a billion people every day. Sayman pushed Facebook to build its own version of Snapchat's Stories and, as a result, engagement on the platform soared across all demographics. Millions of Gen Z and Millennials flocked to Facebook, and as teen engagement rose dramatically on Instagram and WhatsApp, Snapchat's parent company suffered a billion-dollar loss in value. Three years later, Sayman jumped ship for Google. *App Kid* is the galvanizing story of a young Latino, not yet old enough to drink, who excelled in the cutthroat world of Silicon Valley and went on to become an inspiration to thousands of kids everywhere by following his own surprising, extraordinary path. In this candid and uplifting memoir, Sayman shares the highs and lows, the successes and failures, of his remarkable journey. His book is essential and affirming reading for anyone marching to the beat of their own drum.

A woman diagnosed with dissociative identity disorder reveals her harrowing journey from abuse to recovery in this #1 New York Times bestselling autobiography written by her own multiple personalities. Successful, happily married Truddi Chase began therapy hoping to find the reasons behind her extreme anxiety, mood swings, and periodic blackouts. What emerged from her sessions was terrifying: Truddi's mind and body were inhabited by the Troops—ninety-two individual voices that emerged to shield her from her traumatizing childhood. For years the Troops created a world where she could hide from the pain of the ritualized sexual abuse she suffered at the hands of her own stepfather—abuse that began when she was only two years old. It was a past that Truddi didn't even know existed, until she and her therapist took a journey to where the nightmare began... Written by the Troops themselves, *When Rabbit Howls* is told by the very alter-egos who stayed with Truddi Chase, watched over her, and protected her. What they reveal is a spellbinding descent into a personal hell—and an ultimate, triumphant deliverance for the woman they became.

Basing his study on Jung's archetypal theory especially that of initiation *Thresholds of Initiation* represents thirty years of testing the theory in analytical practice. Joseph Henderson considers archetypes to be predictable patterns of inner conditioning that lead to certain essential changes and shows the parallels between individual psychological self-development and the rites that marked initiation in the past. Dr. Henderson's topics include the uninitiated; return of the mother; remaking a man; trial by strength; the rite of vision; thresholds of initiation; initiation and the principle of ego-development in adolescence; and initiation in the process of individuation. This is essential reading for an understanding of the universal nature of initiation, especially as it relates traditional initiatory practices to Jung's theory of archetypes."

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