

# Darkness Visible A Memoir Of Madness

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**Healing from Depression** Douglas Bloch 2009-12-01 In *Healing from Depression*, Douglas Bloch shares his struggle to stay alive amidst overwhelming despair and out-of-control anxiety attacks, and explains how the power of prayer and other holistic approaches ultimately led to his recovery. As one of the millions of Americans who suffer from depression, Bloch could not be helped by so-called "miracle" drugs. Therefore, he had to seek out conventional and alternative non-drug methods of healing. The result is a 12-week program that combines his inspirational story with a comprehensive manual on how to diagnose and treat depression, offering new hope and practical strategies to everyone who suffers from this debilitating condition. Complete with worksheets and goal sheets to customize individual plans, *Healing from Depression* is an accessible self-guided program for managing and recovering from depression. Acclaimed as a "life-line to healing," this important book stresses the importance of social support, on going self-care activities like relaxation, nutrition, exercise, prayer, meditation, support groups, therapy and keeping a daily mood diary and gratitude journal.

*The Creative Arts in Counseling* Samuel T. Gladding 2016-03-17 This latest edition of *The Creative Arts in Counseling* is a powerful, evidence-based examination of how creative expression can be used in counseling with clients of various ages and backgrounds. It explores the clinical application of all of the major creative arts, including music, dance/movement, imagery, visual arts, writing/literature, drama, play and humor, and—new to this edition—animal-assisted therapy, therapeutic horticulture, and nature/wilderness experiences. The history, rationale, and theory behind each art form are discussed, in addition to its clinical benefits and uses in counseling settings. Each chapter contains a variety of practical exercises that clinicians, instructors, and students can incorporate immediately into their work, as well as "creative reflections" for personal and professional self-evaluation. The final chapter summarizes the 126 exercises that appear throughout the text so that readers can quickly access exercises that meet their needs. \*Requests for digital versions from the ACA can be found on [wiley.com](http://wiley.com). \*To request print copies, please visit the ACA website here. \*Reproduction requests for material from books published by ACA should be directed to [permissions@counseling.org](mailto:permissions@counseling.org)

**Havanas in Camelot** William Styron 2008-04-08 After the great success in 1990 of *Darkness Visible*, his memoir of depression and recovery, William Styron wrote more frequently in an introspective, autobiographical mode. *Havanas in Camelot*

brings together fourteen of his personal essays, including a reminiscence of his brief friendship with John F. Kennedy; a recollection of the power and ceremony on display at the inauguration of François Mitterrand; memoirs of Truman Capote, James Baldwin, and Terry Southern; a meditation on Mark Twain; an account of Styron's daily walks with his dog; and an evocation of his summer home on Martha's Vineyard. Styron's essays touch on the great themes of his fiction—racial oppression, slavery, and the Holocaust—but for the most part they address other subjects: bowdlerizations of history, literary lists, childhood moviegoing, the censoring of his own work, and the pursuit of celebrity fetish objects. These essays, which reveal a reflective and humorous side of Styron's nature, make possible a fuller assessment of this enigmatic man of American letters.

Malignant Sadness Lewis Wolpert 2011-05-05 'An excellent book, the most objective short account I know of all the various approaches to depression.' Anthony Storr Several years ago, Lewis Wolpert had a severe episode of depression. Despite a happy marriage and successful scientific career, he could think only of suicide. When he did recover, he became aware of the stigma attached to depression - and just how difficult it was to get reliable information. With characteristic candour and determination he set about writing this book, an acclaimed investigation into the causes and treatments of depression, which formed the basis for a BBC TV series. This paperback edition features a new introduction, in which Wolpert discusses the reaction to his book and BBC series, and recounts his own recurring struggle with depression.

**A Cure for Darkness** Alex Riley 2021-04-13 A fascinating, “rich, and generous” (Financial Times) look at the treatment of depression by an award-winning science writer that blends popular science, narrative history, and memoir. Is depression a persistent low mood, or is it a range of symptoms? Can it be expressed through a single diagnosis, or does depression actually refer to a diversity of mental disorders? Is there, or will there ever be, a cure? In seeking the answers to these questions, Riley finds a rich history of ideas and treatments—and takes the reader on a gripping narrative journey, packed with fascinating stories like the junior doctor who discovered that some of the first antidepressants had a deadly reaction with cheese. “Interweaving memoir, case histories, and accounts of new therapies, Riley anatomizes what is still a fairly young science, and a troubled one” (The New Yorker). Reporting on the field of global mental health from its colonial past to the present day, Riley highlights a range of scalable therapies, including how a group of grandmothers stands on the frontline of a mental health revolution. Hopeful, fascinating, and profound, A Cure for Darkness is “recommended reading for anyone with even a peripheral interest in depression” (Washington Examiner).

**Shoot the Damn Dog** Sally Brampton 2011-08-01 Shoot the Damn Dog blasts the stigma of depression as a character flaw and confronts the illness Winston Churchill called 'the black dog', a condition that humiliates, punishes and isolates its sufferers. It is a personal account of a journey through (and out of) severe depression as well as being a practical book, offering ideas about what might help. With its raw, understated eloquence, it will speak volumes to anyone whose life has been haunted by depression, as well as offering help and understanding to those whose loved ones suffer from this terrifying condition.

Lie Down in Darkness William Styron 2010-05-04 This portrait of a Southern family's downfall was the literary debut of the #1 New York Times—bestselling author of Sophie's Choice. A finalist for the National Book Award, Lie Down in

Darkness centers on the Loftis family—Milton and Helen and their daughters, Peyton and Maudie. The story, told through a series of flashbacks on the day of Peyton's funeral, is a powerful depiction of a family doomed by its failure to forget and its inability to love. Written in masterful prose that "achieves real beauty" (The Washington Post), William Styron's debut novel offers unflinching insight into the ineradicable bonds of place and family. The story of Milton, Helen, and their children reveals much about life's losses and disappointments. *Lie Down in Darkness*, poignant and compelling, is a classic of modern American literature from the author who went on to earn high critical acclaim—with a Pulitzer Prize for *The Confessions of Nat Turner* and a National Book Award for *Sophie's Choice*—and a place at the top of the New York Times bestseller list. This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

**Girl, Interrupted** Susanna Kaysen 2013-06-19 NATIONAL BESTSELLER • 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. Her memoir of the next two years is a "poignant, honest ... triumphantly funny ... and heartbreaking story" (The New York Times Book Review). The ward for teenage girls in the McLean psychiatric hospital was 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.

The Quiet Room Lori Schiller 2008-11-16 Moving, harrowing, and ultimately uplifting, Lori Schiller's memoir is a classic testimony to the ravages of mental illness and the power of perseverance and courage. At seventeen Lori Schiller was the perfect child—the only daughter of an affluent, close-knit family. Six years later she made her first suicide attempt, then wandered the streets of New York City dressed in ragged clothes, tormenting voices crying out in her mind. Lori Schiller had entered the horrifying world of full-blown schizophrenia. She began an ordeal of hospitalizations, halfway houses, relapses, more suicide attempts, and constant, withering despair. But against all odds, she survived. In this personal account, she tells how she did it, taking us not only into her own shattered world, but drawing on the words of the doctors who treated her and family members who suffered with her.

*The Depths* Jonathan Rottenberg 2014-02-11 Nearly every depressed person is assured by doctors, well-meaning friends and family, the media, and ubiquitous advertisements that the underlying problem is a chemical imbalance. Such a simple defect should be fixable, yet despite all of the resources that have been devoted to finding a pharmacological solution, depression remains stubbornly widespread. Why are we losing this fight? In this humane and illuminating challenge to defect models of depression, psychologist Jonathan Rottenberg argues that depression is a particularly severe outgrowth of our natural capacity for emotion. In other words, it is a low mood gone haywire. Drawing on recent developments in the science of mood—and his own harrowing depressive experience as a young adult—Rottenberg explains depression in evolutionary terms, showing how its dark pull arises from adaptations that

evolved to help our ancestors ensure their survival. Moods, high and low, evolved to compel us to more efficiently pursue rewards. While this worked for our ancestors, our modern environment—in which daily survival is no longer a sole focus—makes it all too easy for low mood to slide into severe, long-lasting depression. Weaving together experimental and epidemiological research, clinical observations, and the voices of individuals who have struggled with depression, *The Depths* offers a bold new account of why depression endures—and makes a strong case for de-stigmatizing this increasingly common condition. In so doing, Rottenberg offers hope in the form of his own and other patients' recovery, and points the way towards new paths for treatment.

**Principles of Forensic Report Writing** Michael Karson 2013 "In teaching forensic report writing to graduate students, we have been impressed with the available guides to writing specific kinds of reports. There are also some good summary articles on report writing and check-lists regarding what reports ought to cover. What we wanted, though, was a single volume that looked at report writing and reading as behaviors, informed by what we know about behavior, and that looked in-depth at the topic of applying general knowledge to particular situations. As is true for so many authors, this is the book we wish we'd read in graduate school. We offer these principles of forensic report writing as preparation for trainees, particularly those in Stages 1-3 of the developmental scheme described here, and also as reminders for professionals who have already written many reports"--Preface. (PsycINFO Database Record (c) 2013 APA, all rights reserved).

Darkness Visible William Styron 1992 Autobiografisch relaas van een diepe depressie.

**The Long March** William Styron 2010-05-04 The author of *Sophie's Choice*, "the foremost writer of his generation," portrays a rebellion by two marines on a miles-long march in the Carolina heat (*The Wall Street Journal*). In the shadow of the Korean War, a series of misfired mortar shells kill six men in a marine camp during a training exercise, prompting the commanding officer to order a grueling punishment: a thirty-six mile march through the suffocating heat of the Carolina summer. Intended to beat discipline into the aging reservists, the march instead rankles marines Culver and Mannix, whose growing resentment of the brutal trek leads to an ultimate, powerful act of rebellion. Styron's *The Long March* is a withering critique of a military system that leaves no room for dignity or personal identity. Told in part through flashbacks and dream sequences, the story is immersed in vivid language and philosophical reflection—a poignant defense of the individual in the face of attempted dehumanization. This short novel marks another triumph by the New York Times-bestselling author of *Sophie's Choice* and *Darkness Visible*, who has been honored with both a Pulitzer Prize and a National Book Award, among other accolades. This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

Waking Up Terry L. Wise 2004 Wise recollects her near fatal suicide attempt following the death of her young husband from Lou Gehrig's Disease. This account of the entire process navigated through therapy is told from the rare perspective of the patient, yet is written for people who sit on both sides of the couch.

**The Shame of Me** Ryan Lefebvre 2009-10 Kansas City Royals' broadcaster Ryan

Lefebvre seems to have it all - a dream sports job of announcing Major League Baseball, a huge house on a lake, plenty of expensive toys, good looks, and the admiration of friends and fans. But depression is seldom deterred by such superficial trappings. And depression's grip on Ryan was so strong and so unyielding that he nearly ended his life. In one moment, he's a glib play-by-play announcer ; the next, he's a tormented soul on the floor of his closet. And that's just the beginning of The shame of me, the spell - binding story of Ryan's descent into the darkness of depression, his courageous struggle to recover, and his new perspectives on living a balanced and healthy life. Told with intimacy and immediacy, Ryan's story is a must - read for anyone who has ever struggled with inner doubts. It is especially powerful for men who may be feeling lost, but are too embarrassed to confront their problems. Ryan, the son of former Major League player and manager Jim Lefebvre, and co - author Jefferey Flanagan take us through living hell before Ryan's recovery and redemption give us hope for anyone who suffers from the debilitating disease Major Depressive Disorder. -- From Amazon.com.

**Self-destruction in the Promised Land** Howard I. Kushner 1989 Looks at the historical, cultural, psychological, and biological aspects of suicide in America, and discusses various theories of suicidal behavior

Darkness Visible William Golding 2007-05-15 Hideously scarred and orphaned during the bombing of London, Matty sees himself as set apart from others, and his wanderings bring him into contact with Mr. Pedigree, a respected teacher and obsessed pederast, and Sophy and Toni, angelic-looking terrorist twins.

Darkness Visible William Styron 2010-05-04 The New York Times-best-selling memoir of crippling depression and the struggle for recovery by the Pulitzer Prize-winning author of Sophie's Choice. In the summer of 1985, William Styron became numbed by disaffection, apathy, and despair, unable to speak or walk while caught in the grip of advanced depression. His struggle with the disease culminated in a wave of obsession that nearly drove him to suicide, leading him to seek hospitalization before the dark tide engulfed him. Darkness Visible tells the story of Styron's recovery, laying bare the harrowing realities of clinical depression and chronicling his triumph over the disease that had claimed so many great writers before him. His final words are a call for hope to all who suffer from mental illness that it is possible to emerge from even the deepest abyss of despair and "once again behold the stars." This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

*Depression* William Styron 2017-05-29 How does a writer compose a suicide note? This was not a question that the prize-winning novelist William Styron had ever contemplated before. In this true account of his depression, Styron describes an illness that reduced him from a successful writer to a man arranging his own destruction. He lived to give us this gripping description of his descent into mental anguish, and his eventual success in overcoming a little-understood yet very common condition. The unabridged text of Darkness Visible by William Styron VINTAGE MINIS- GREAT MINDS. BIG IDEAS. LITTLE BOOKS. A series of short books by the world's greatest writers on the experiences that make us human Also in the Vintage Minis series- Swimming by Roger Deakin Babies by Anne Enright Calm by Tim Parks Work by Joseph Heller

One Friday in April: A Story of Suicide and Survival Donald Antrim 2021-10-12

One of TIME's 100 Must-Read Books of 2021 One of BuzzFeed's Best Books of 2021 One of Vulture's Best Books of 2021 Named one of the Most Anticipated of Books of 2021 by the Los Angeles Times, Literary Hub, and The Millions A searing and brave memoir that offers a new understanding of suicide as a distinct mental illness. As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalizations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback. Through a clear and haunting reckoning with the author's own story, *One Friday in April* confronts the limits of our understanding of suicide. Donald Antrim's personal insights reframe suicide—whether in thought or in action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. A necessary companion to William Styron's classic *Darkness Visible*, this profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

**Night Falls Fast** Kay Redfield Jamison 2011-01-12 From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

**My Generation** William Styron 2015-06-02 A vital, illuminating collection of the Pulitzer Prize and National Book Award winner's elegant, passionately engaged nonfiction *My Generation* is the definitive gathering of William Styron's nonfiction, exposing the core of this greatly gifted, highly convivial, and profoundly serious artist from his literary emergence in the 1950s to his death in 2006. Here are fifty years of Styron's essays, memoirs, reviews, op-eds, articles, eulogies, and speeches, reflecting the same brilliant style and informed thinking that he brought to his towering fiction and to a deeply committed public life. Including many newly collected and never-before-published items, this compendium ranges from the original mission statement of *The Paris Review*, which Styron helped found in 1953, to a 2001 tribute to his friend Philip Roth—creating an essential overview of arts and letters during the post-World War II years. In these pages, Styron writes vividly of childhood days in Tidewater Virginia spent going to movies, not reading books. (“It does not mean the death of literacy or creativity if one is drenched in popular culture at an early age.”) He recalls being among the group of soldiers who would have been sent to invade Japan and were saved by Truman's decision to drop the atomic bomb, which Styron feels was the right choice, “even though its absolute rightness can never be proved.” And he writes as few others have about midlife battles with clinical depression, “a pain that is all but

indescribable, and therefore to everyone but the sufferer almost meaningless." Here, too, are Styron's personal encounters with world leaders, fellow authors, and friends, each of whom comes memorably to life. Styron recalls sharing contraband Cuban cigars with JFK ("a naughty memento, a conversation piece with a touch of scandal"), getting lost in the snow with Robert Penn Warren, and party-hopping with the young James Jones (an experience he likens to "keeping company with a Roman emperor"). The beginnings of his masterpieces *The Confessions of Nat Turner* and *Sophie's Choice* are chronicled here, along with the controversy that greeted the former upon its 1967 publication. Throughout, Styron celebrates the men and women of his generation, whose lives were forged in the crucible of World War II. Whether he's recounting a walk with his dog, musing on the Modern Library's list of the hundred best English-language novels of the twentieth century, or contemplating America's fraught racial legacy from his point of view as the grandson of a woman who owned slaves, William Styron writes always in urgent, finely calibrated prose. These fascinating pieces bring readers closer to this great writer and the world he observed, interacted with, and changed. Praise for *My Generation* "William Styron's *My Generation: Collected Nonfiction* is both unsurpassably charming and unflinchingly honest, whether recounting the fallout from *The Confessions of Nat Turner* or reminiscing about the slave-owning grandmother who warned him never to forget he was a Southerner."—*Vogue* "At its most accomplished, Styron's non-fiction mixes a conscientious, richly traditional prose style with a strong current of fellow feeling, a certain awe at the human condition, which is what gives power to his best fiction. . . . Styron stood tall in his generation, and the best of him will stand up over time."—*USA Today* "A must for every Styron fan's library."—BBC

*Snow Falling on Cedars* David Guterson 1994 In 1954, Ishmael Chambers, a local reporter who lost an arm in the war, covers the murder trial of a Japanese-American fisherman, whose wife had been Ishmael's boyhood sweetheart

*Selected Letters of William Styron* William Styron 2012-12-04 In 1950, at the age of twenty-four, William Clark Styron, Jr., wrote to his mentor, Professor William Blackburn of Duke University. The young writer was struggling with his first novel, *Lie Down in Darkness*, and he was nervous about whether his "strain and toil" would amount to anything. "When I mature and broaden," Styron told Blackburn, "I expect to use the language on as exalted and elevated a level as I can sustain. I believe that a writer should accommodate language to his own peculiar personality, and mine wants to use great words, evocative words, when the situation demands them." In February 1952, Styron was awarded the Prix de Rome of the American Academy of Arts and Letters, which crowned him a literary star. In Europe, Styron met and married Rose Burgunder, and found himself immersed in a new generation of expatriate writers. His relationships with George Plimpton and Peter Matthiessen culminated in Styron introducing the debut issue of *The Paris Review*. Literary critic Alfred Kazin described him as one of the postwar "super-egotists" who helped transform American letters. His controversial *The Confessions of Nat Turner* won the 1968 Pulitzer Prize, while *Sophie's Choice* was awarded the 1980 National Book Award, and *Darkness Visible*, Styron's groundbreaking recounting of his ordeal with depression, was not only a literary triumph, but became a landmark in the field. Part and parcel of Styron's literary ascendance were his friendships with Norman Mailer, James Baldwin, John and Jackie Kennedy, Arthur Miller, James Jones, Carlos Fuentes, Wallace Stegner, Robert Penn Warren, Philip Roth, C. Vann Woodward, and many of the other leading writers and intellectuals of the second half of the twentieth century. This incredible volume takes readers on an American journey from FDR

to George W. Bush through the trenchant observations of one of the country's greatest writers. Not only will readers take pleasure in William Styron's correspondence with and commentary about the people and events that made the past century such a momentous and transformative time, they will also share the writer's private meditations on the very art of writing. Advance praise for Selected Letters of William Styron "I first encountered Bill Styron when, at twenty, I read The Confessions of Nat Turner. Hillary and I became friends with Bill and Rose early in my presidency, but I continued to read him, fascinated by the man and his work, his triumphs and troubles, the brilliant lights and dark corners of his amazing mind. These letters, carefully and lovingly selected by Rose, offer real insight into both the great writer and the good man."—President Bill Clinton "The Bill Styron revealed in these letters is altogether the Bill Styron who was a dear friend and esteemed colleague to me for close to fifty years. The humor, the generosity, the loyalty, the self-awareness, the commitment to literature, the openness, the candor about matters closest to him—all are on display in this superb selection of his correspondence. The directness in the artful sentences is such that I felt his beguiling presence all the while that I was enjoying one letter after another."—Philip Roth "Bill Styron's letters were never envisioned, far less composed, as part of the Styron oeuvre, yet that is what they turn out to be. Brilliant, passionate, eloquent, insightful, moving, dirty-minded, indignant, and hilarious, they accumulate power in the reading, becoming in themselves a work of literature."—Peter Matthiessen

*The Grown-ups* Victoria Glendinning 2003 'There are no grown-ups.' Everyone in this wickedly entertaining novel, whatever their age, bullies or deceives or adores someone else, in the merciless playgrounds of London flats, country villages, television studios and conferences. At the centre of it all is Leo Ulm, social scientist and media guru, who magnetizes his wives, lovers and friends with his fading brilliance. He obsesses them all, including clear-eyed Clara, though she may often wish he were dead. The god of his own universe, Leo is monstrously vain and arrogant - until something happens which leaves all the women in his life in shock. Then, perhaps, Clara begins to grow up....

*On the Edge of Darkness* Kathy Cronkite 1995-07-01 "I was ashamed. It was a confession of weakness. For years, depression meant the crazy house. As I look back at it, [my shame] just seems damned foolishness, which is one reason I talk about it now." --Mike Wallace "Toward the end I couldn't get up. I just physically couldn't." --Kitty Dukakis They have made the impossible climb into the spotlight and attained their brightest dreams. But for Mike Wallace, Kitty Dukakis, William Styron, Joan Rivers, and countless other people struggling against the debilitating effects of depression, life's most challenging battle is waged not in the public eye, but in the darkest recesses of the mind. In her brilliant new work, Kathy Cronkite gives voice to dozens of celebrated professionals who have endured--and conquered--the hopelessness of chronic depression. Most of all, this courageous book brings a ray of hope to the 24 million Americans who live in the shadows of this misunderstood disease, yet bravely seek a path toward the light. You will learn: What to do when the sadness won't go away. Why women are most vulnerable to unipolar disorder. How substance abuse can mask the symptoms of depression. The latest therapeutic options for children who are affected by their own--or a parent's--illness. Which effective new treatments can lift the burden of depression--for up to 90 percent of people who suffer from it!

*The Scar: A Personal History of Depression and Recovery* Mary Cregan 2019-03-19

A graceful and penetrating memoir interweaving the author's descent into depression with a medical and cultural history of this illness. At the age of twenty-seven, married, living in New York, and working in book design, Mary Cregan gives birth to her first child, a daughter she names Anna. But it's apparent that something is terribly wrong, and two days later, Anna dies—plunging Cregan into suicidal despair. Decades later, sustained by her work, a second marriage, and a son, Cregan reflects on this pivotal experience and attempts to make sense of it. She weaves together literature and research with details from her own ordeal—and the still visible scar of her suicide attempt—while also considering her life as part of the larger history of our understanding of depression. In fearless, candid prose, Cregan examines her psychotherapy alongside early treatments of melancholia, weighs the benefits of shock treatment against its terrifying pop culture depictions, explores the controversy around antidepressants and how little we know about them—even as she acknowledges that the medication saved her life—and sifts through the history of the hospital where her recovery began. Perceptive, intimate, and elegantly written, *The Scar* vividly depicts the pain and ongoing stigma of clinical depression, giving greater insight into its management and offering hope for those who are suffering.

Electroboy Andy Behrman 2003 The author describes his longtime battle with ills of manic depression, his desperate search for the ultimate high, the art-forgery scandal that confined him to jail and to house arrest, and his decision to opt for the controversial treatment of electroconvulsive therapy to preserve his sanity. Reprint. 30,000 first printing.

**Unholy Ghost** Nell Casey 2002-01-08 *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.

*The Civil War and American Art* Eleanor Jones Harvey 2012-12-03 Collects the best artwork created before, during and following the Civil War, in the years between 1859 and 1876, along with extensive quotations from men and women alive during the war years and text by literary figures, including Emily Dickinson,

Mark Twain and Walt Whitman. 15,000 first printing.

**Darkness Visible** Ross Heaven 2005-11-16 The first book to examine the spiritual and therapeutic practice of retreat in physical darkness to explore inner light

- Shows how experiencing complete darkness over prolonged periods helps in developing mental clarity and creativity
- Draws upon many indigenous and spiritual traditions that use this technique

The use of ceremonial darkness is a classic and cross-cultural method for exploring hidden aspects of unconscious and super-conscious states, accessing invisible landscapes, and embracing the deeper recesses of the self. In *Darkness Visible* Heaven and Buxton examine the spiritual and therapeutic practice of taking retreat in physical darkness. For millennia mystics and sages have used darkness as a spiritual tool for breaking with their pasts, prior conditioning, and the limited reality of their societies. Spiritual seekers from many traditions--Celtic, Eastern, indigenous North and South American, Tibetan, and African--have used darkness as a tool for spiritual enlightenment. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness and thus provides a springboard for creativity, intuition, and spiritual development. They include exercises that explore lucid levels of dream consciousness, drawing both from their experience as teachers of this method and from the many cultures that include this practice in their spiritual traditions. *Darkness Visible* shows how deprivation of sight can truly teach us to see.

Shadows in the Sun Gayathri Ramprasad 2014-10-13 As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom--with the scariest creatures lurking within her tortured mind. *Shadows in the Sun* traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness--how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing.

**William Styron** James L. W. West 2010-08-17 A "mesmerizing" biography of the #1 New York Times--bestselling author of *Sophie's Choice*, *The Confessions of Nat Turner*, and *Darkness Visible* (*Entertainment Weekly*). William Styron was one of the most highly regarded and controversial authors of his generation. In this illuminating biography, James L. W. West III draws upon letters, papers, and manuscripts as well as interviews with Styron's friends and family to recount in rich detail the experiences that shaped each of his groundbreaking books. From Styron's Southern upbringing, which deeply influenced the Pulitzer Prize-winning *The Confessions of Nat Turner* and National Book Award-winning *Sophie's Choice*, to his feud with Norman Mailer and the clinical depression that led to his acclaimed memoir *Darkness Visible*, West's remarkable biography provides invaluable insight into the life and works of a giant of American literature.

**Set This House on Fire** William Styron 2010-05-04 A New York Times bestseller by the author of *Sophie's Choice*: Two Americans search for the truth about a mysterious long-ago murder in Italy. Shortly after World War II, in the village of Sambuco, Italy, two men--Virginia attorney Peter Leverett and South Carolina artist Cass Kinsolving--crossed paths with Mason Flagg. They both had their own reactions to the gregarious and charismatic movie mogul's son. For the

impressionable Peter, it was something close to awe. For the alcoholic Cass, it was unsettled rage. Then, after the rape and murder of a peasant girl, Mason's body was found at the base of a cliff—an apparent suicide. He'd been distraught, the authorities said, over committing such a heinous crime. Peter and Cass went their separate ways, and never spoke of it again. Now, years later, Peter is still haunted by what he knows—and by what he doesn't. He's sought out Cass in Charleston for closure, and something close to the truth. Together both men will share their tales of that terrible season in Italy, each with their own ghosts—and their own reasons to exorcise them. But neither Peter nor Cass is prepared for where this path of revenge, complicity, and atonement will take them. A profound exploration of the evil that men do, and what the innocent must endure to accommodate it, *Set This House on Fire* is more than a byzantine murder mystery, it's "one of the finest novels of our times" from the Pulitzer Prize-winning author of *The Confessions of Nat Turner*, *Darkness Visible*, and other modern classics (San Francisco Chronicle). This ebook features a new illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

**This Close to Happy** Daphne Merkin 2017-02-07 A New York Times Book Review Favorite Read of 2016 "Despair is always described as dull," writes Daphne Merkin, "when the truth is that despair has a light all its own, a lunar glow, the color of mottled silver." *This Close to Happy*—Merkin's rare, vividly personal account of what it feels like to suffer from clinical depression—captures this strange light. Daphne Merkin has been hospitalized three times: first, in grade school, for childhood depression; years later, after her daughter was born, for severe postpartum depression; and later still, after her mother died, for obsessive suicidal thinking. Recounting this series of hospitalizations, as well as her visits to myriad therapists and psychopharmacologists, Merkin fearlessly offers what the child psychiatrist Harold Koplewicz calls "the inside view of navigating a chronic psychiatric illness to a realistic outcome." The arc of Merkin's affliction is lifelong, beginning in a childhood largely bereft of love and stretching into the present, where Merkin lives a high-functioning life and her depression is manageable, if not "cured." "The opposite of depression," she writes with characteristic insight, "is not a state of unimaginable happiness . . . but a state of relative all-right-ness." In this dark yet vital memoir, Merkin describes not only the harrowing sorrow that she has known all her life, but also her early, redemptive love of reading and gradual emergence as a writer. Written with an acute understanding of the ways in which her condition has evolved as well as affected those around her, *This Close to Happy* is an utterly candid coming-to-terms with an illness that many share but few talk about, one that remains shrouded in stigma. In the words of the distinguished psychologist Carol Gilligan, "It brings a stunningly perceptive voice into the forefront of the conversation about depression, one that is both reassuring and revelatory."

Reading My Father Alexandra Styron 2011-04-19 PART MEMOIR AND PART ELEGY, READING MY FATHER IS THE STORY OF A DAUGHTER COMING TO KNOW HER FATHER AT LAST—A GIANT AMONG TWENTIETH-CENTURY AMERICAN NOVELISTS AND A MAN WHOSE DEVASTATING DEPRESSION DARKENED THE FAMILY LANDSCAPE. In *Reading My Father*, William Styron's youngest child explores the life of a fascinating and difficult man whose own memoir, *Darkness Visible*, so searingly chronicled his battle with major depression. Alexandra Styron's parents—the Pulitzer Prize-winning author of *Sophie's Choice* and his political activist wife, Rose—were, for half a century, leading players on the world's cultural stage. Alexandra was raised

under both the halo of her father's brilliance and the long shadow of his troubled mind. A drinker, a carouser, and above all "a high priest at the altar of fiction," Styron helped define the concept of The Big Male Writer that gave so much of twentieth-century American fiction a muscular, glamorous aura. In constant pursuit of The Great Novel, he and his work were the dominant force in his family's life, his turbulent moods the weather in their ecosystem. From Styron's Tidewater, Virginia, youth and precocious literary debut to the triumphs of his best-known books and on through his spiral into depression, *Reading My Father* portrays the epic sweep of an American artist's life, offering a ringside seat on a great literary generation's friendships and their dramas. It is also a tale of filial love, beautifully written, with humor, compassion, and grace.

**Memories of a Catholic Girlhood** Mary McCarthy 2013-10-15 Tracing her moral struggles to the day she accidentally took a sip of water before her Communion—a mortal sin—Mary McCarthy gives us eight funny and heartrending essays about the illusive and redemptive nature of memory "During the course of writing this, I've often wished that I were writing fiction." Originally published in large part as standalone essays in the *New Yorker* and *Harper's Bazaar*, Mary McCarthy's acclaimed memoir begins with her recollections of a happy childhood cut tragically short by the death of her parents during the influenza epidemic of 1918. Tempering memory with invention, McCarthy describes how, orphaned at six, she spent much of her childhood shuttled between two sets of grandparents and three religions—Catholic, Protestant, and Jewish. One of four children, she suffered abuse at the hands of her great-aunt and uncle until she moved to Seattle to be raised by her maternal grandparents. Early on, McCarthy lets the reader in on her secret: The chapter you just read may not be wholly reliable—facts have been distilled through the hazy lens of time and distance. In *Memories of a Catholic Girlhood*, McCarthy pays homage to the past and creates hope for the future. Reminiscent of Nabokov's *Invitation of a Beheading*, this is a funny, honest, and unsparing account blessed with the holy sacraments of forgiveness, love, and redemption. This ebook features an illustrated biography of Mary McCarthy including rare images from the author's estate.

**The Suicide Run** William Styron 2009-10-06 *The Suicide Run* collects five of William Styron's meticulously rendered narratives based on his real-life experiences as a U.S. Marine. In "Blankenship," Styron draws on his stint as a guard at a stateside military prison at the end of World War II. "Marriott, the Marine" and "The Suicide Run"—which Styron composed as part of an intended novel that he set aside to write *Sophie's Choice*—depict the surreal experience of being conscripted a second time, after World War II, to serve in the Korean War. "My Father's House" captures the frustration of a soldier trying to become a civilian again. In "Elobey, Annobón, and Corisco," a soldier attempts to exorcise the dread of an approaching battle by daydreaming about far-off islands, visited vicariously through his childhood stamp collection. Perhaps the last volume from one of literature's greatest voices, *The Suicide Run* brings to life the drama, absurdity, and heroism that forever changed the men who served in the Marine Corps.

**The Noonday Demon** Andrew Solomon 2014-09-16 The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies.

**Monkey Mind** Daniel Smith 2013-06-11 Shares the author's personal experiences

with anxiety, describing its painful coherence and absurdities while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.