

Fast Girl A Life Spent Running From Madness

Running in Silence Rachael Steil 2020-08-04 Rachael Steil clocked in as an All-American collegiate runner; she became a girl clawing for a comeback on a fruitarian diet. This year-long struggle with raw food ended when she realized she had to find her self-respect beyond her identity as a successful runner on a perfect diet. *Running in Silence* opens the door on the secret world of eating disorders. It provides vital insights for those who don't suffer from this disorder and an honest and harrowing personal story for those who do. Steil challenges the stigma of eating disorders, looks past appearance, and dives into the heart of obsession.

Bitter Harvest Ann Rule 2000-02-15 True crime icon Ann Rule presents a “must-read” (People) New York Times bestseller—and inspiration behind the Lifetime movie *A House on Fire*—following a woman whose apparent perfect life hides a harrowing and deadly madness. Debora Green, a doctor and mother in a picturesque and exclusive Kansas town, seems to have the perfect life with her own medical practice, a handsome physician husband, and three lovely children. It seems like a horribly tragic accident when a raging fire destroys her home and takes two lives. But a trail of clues leads investigators to an unthinkable conclusion. In this “tour de force from America’s best true crime writer” (Kirkus Reviews), Ann Rule reveals the disturbing secrets—including infidelity, suicide, revenge, and murder—hiding beneath a façade of paradise in the American heartland.

Madness Marya Hornbacher 2009-04-01 In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know. When Marya Hornbacher published her first book, *Wasted: A Memoir of Anorexia and Bulimia*, she did not yet

have the piece of shattering knowledge that would finally make sense of the chaos of her life. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage—where bipolar always beckons—is at the center of this brave and heart-stopping memoir. *Madness* delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists. *New York Times* “Humorous, articulate, and self-aware...A story that is almost impossible to put down.” — “With the same intimately revelatory and shocking emotional power that marked [*Wasted*], Hornbacher guides us through her labyrinth of psychological demons.” —Elle

Again to Carthage John L. Parker 2010-09-28 *Again to Carthage* is the "breathtaking, pulse-quickenning, stunning" sequel to *Once a Runner* that "will have you standing up and cheering, and pulling on your running shoes" (*Chicago Sun-Times*). Originally self-published in 1978, *Once a Runner* became a cult classic, emerging after three decades to become a *New York Times* bestseller. Now, in *Again to Carthage*, hero Quenton Cassidy returns. The former Olympian has become a successful attorney in south Florida, where his life centers on work, friends, skin diving, and boating trips to the Bahamas. But when he loses his best friend to the Vietnam War and two relatives to life's

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vicissitudes, Cassidy realizes that an important part of his life was left unfinished. After reconnecting with his friend and former coach Bruce Denton, Cassidy returns to the world of competitive running in a desperate, all-out attempt to make one last Olympic team. Perfectly capturing the intensity, relentlessness, and occasional lunacy of a serious runner's life, *Again to Carthage* is a must-read for runners—and athletes—of all ages, and a novel that will thrill any lover of fiction.

The Devil In The White City Erik Larson 2010-09-30 'An irresistible page-turner that reads like the most compelling, sleep defying fiction' TIME OUT One was an architect. The other a serial killer. This is the incredible story of these two men and their realization of the Chicago World's Fair of 1893, and its amazing 'White City'; one of the wonders of the world. The architect was Daniel H. Burnham, the driving force behind the White City, the massive, visionary landscape of white buildings set in a wonderland of canals and gardens. The killer was H. H. Holmes, a handsome doctor with striking blue eyes. He used the attraction of the great fair - and his own devilish charms - to lure scores of young women to their deaths. While Burnham overcame politics, infighting, personality clashes and Chicago's infamous weather to transform the swamps of Jackson Park into the greatest show on Earth, Holmes built his own edifice just west of the fairground. He called it the World's Fair Hotel. In reality it was a torture palace, a gas chamber, a crematorium. These two disparate but driven men are brought to life in this mesmerizing, murderous tale of the legendary Fair that transformed America and set it on course for the twentieth century . . .

Jaywalking with the Irish Lonely Planet 2011-07-01 David Monagan has always dreamed of relocating to Ireland, the land of his forebears. With humour and candour, he describes the pleasures and pitfalls, challenges and frustrations of moving a feisty family to a foreign land. *Jaywalking with the Irish* is an honest, penetrating and often hilarious portrait of a contemporary

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Ireland that is so often portrayed through the wistful lens of cliches that no longer apply. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

The Book of Madness and Cures Regina O'Melveny 2012-04-10 Dr. Gabriella Mondini, a strong-willed, young Venetian woman, has followed her father in the path of medicine. She possesses a singleminded passion for the art of physick, even though, in 1590, the male-dominated establishment is reluctant to accept a woman doctor. So when her father disappears on a mysterious journey, Gabriella's own status in the Venetian medical society is threatened. Her father has left clues -- beautiful, thoughtful, sometimes torrid, and often enigmatic letters from his travels as he researches his vast encyclopedia, *The Book of Diseases*. After ten years of missing his kindness, insight, and guidance, Gabriella decides to set off on a quest to find him -- a daunting journey that will take her through great university cities, centers of medicine, and remote villages across Europe. Despite setbacks, wary strangers, and the menaces of the road, the young doctor bravely follows the clues to her lost father, all while taking notes on maladies and treating the ill to supplement her own work. Gorgeous and brilliantly written, and filled with details about science, medicine, food, and madness, *The Book of Madness and Cures* is an unforgettable debut.

The Las Vegas Madam Jami Rodman 2015-12-11

Art and Madness Anne Roiphe 2012-03-06 Coming of age on Park Avenue in the 1950s, Anne Roiphe had an adolescence entrenched in privilege, petticoats, and social rules. Young women at the time were expected to give up personal freedom for devotion to home and children. Instead, Roiphe chose Beckett, Proust, Sartre, and Mann as her heroes, and became one of the girls draped across the sofa at parties with George Plimpton, Norman Mailer, and William Styron, sometimes with her young

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child in tow. For a time she was satisfied to play the muse, but at the age of twenty-seven, divorced and finally freed of the notion that any sacrifice was worth making for art, she began to write. Here, in her clear-sighted, perceptive, and unabashed memoir, Roiphe shares with astonishing honesty the tumultuous adventure of self-discovery that finally led to her redemption.

THE WAVES Virginia Woolf 2017-12-06 The book is Virginia Woolf's most experimental novel, first published in 1931. It consists of soliloquies spoken by the book's six characters: Bernard, Susan, Rhoda, Neville, Jinny, and Louis. Also important is Percival, the seventh character, though readers never hear him speak through his own voice. The monologues that span the characters' lives are broken up by nine brief third-person interludes detailing a coastal scene at varying stages in a day from sunrise to sunset. As the six characters or "voices" alternately speak, Woolf explores concepts of individuality, self, and community. Each character is distinct, yet together they compose a gestalt about a silent central consciousness. Bernard is a story-teller, always seeking some elusive and apt phrase Louis is an outsider, who seeks acceptance and success; Neville desires love, seeking out a series of men, each of whom become the present object of his transcendent love; Jinny is a socialite, whose Weltanschauung corresponds to her physical, corporeal beauty; Susan flees the city, in preference for the countryside, where she grapples with the thrills and doubts of motherhood; and Rhoda is riddled with self-doubt and anxiety, always rejecting and indicting human compromise, always seeking out solitude. Percival is the god-like but morally flawed hero of the other six, who dies midway through the novel on an imperialist quest in British-dominated colonial India. Although Percival never speaks through a monologue of his own in *The Waves*, readers learn about him in detail as the other six characters repeatedly describe and reflect on him throughout the book. The novel follows its six narrators from childhood through adulthood.

1882 - 28 March 1941) was an English writer who is considered one of the foremost modernists of the twentieth century and a pioneer in the use of stream of consciousness as a narrative device. *Fast Girl* Suzy Favor Hamilton 2015-09-14 NEW YORK TIMES BESTSELLER The former middle distance Olympic runner and high-end escort speaks out for the first time about her battle with mental illness, and how mania controlled and compelled her in competition, but also in life. This is a heartbreakingly honest yet hopeful memoir reminiscent of *Manic*, *Electroboy*, and *An Unquiet Mind*. During the 1990s, three-time Olympian Suzy Favor Hamilton was the darling of American track and field. An outstanding runner, a major sports apparel spokesperson, and a happily married wife, she was the model for an active, healthy, and wholesome life. But her perfect facade masked a dark truth: manic depression and bipolar disorder that drove her obsession to perform and win. For years after leaving the track, Suzy wrestled with her condition, as well as the loss of a close friend, conflicted feelings about motherhood and her marriage, and lingering shame about her athletic career. After a misdiagnosis and a recommendation for medication that only exacerbated her mania and made her hypersexual, Suzy embarked on a new path, and assumed a new identity. Fueled by a newfound confidence, a feeling of strength and independence and a desire she couldn't tamp down, she became a high-priced escort in Las Vegas, working as "Kelly." But Suzy could not keep her double life a secret forever. When it was eventually exposed, it sent her into a reckless suicidal period where the only option seemed out. Finally, with the help of her devoted husband, Suzy finally got the proper medical help she needed. In this startling frank memoir, she recounts the journey to outrun her demons, revealing how a woman used to physically controlling her body learned to come to terms with her unstable mind. It is the story of a how a supreme competitor scored her most important victory of all—reclaiming her life from the ravages of an untreated mental illness. Today,

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thanks to diagnosis, therapy, Kelly has stepped into the shadows, but Suzy is building a better life, one day at a time. Sharing her story, Suzy is determined to raise awareness, provide understanding, and offer inspiration to others coping with their own challenges.

Brain on Fire Susannah Cahalan 2012-11-13 NOW A MAJOR MOTION PICTURE STARRING CHLOË GRACE MORETZ A “captivating” (The New York Times Book Review), award-winning memoir and instant New York Times bestseller that goes far beyond its riveting medical mystery, *Brain on Fire* is a powerful account of one woman’s struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she’d gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled as violent, psychotic, a flight risk. What happened? In an “unforgettable” (Elle), “stunningly brave” (NPR), and breathtaking narrative, Susannah tells the astonishing true story of her descent into madness, her family’s inspiring faith in her, and the lifesaving diagnosis that almost didn’t happen. “A fascinating look at the disease that...could have cost this vibrant, vital young woman her life” (People), *Brain on Fire* is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance.

Fast Girl Abookaday 2016-08-20 Warning: This is an independent addition to *Fast Girl*, meant to enhance your experience of the original book. If you have not yet bought the original copy, make sure to purchase it before buying this unofficial summary from aBookaDay.

INTRODUCTIONGENERAL SUMMARY*Fast Girl: A Life Spent Running from Madness* is a non-fiction telling of Olympic runner Suzy Favor Hamilton's struggle with bipolar disorder. In an effort to share

her story, this book details nearly thirty years of experiences-ups, downs, and everything in between-of a woman who lived her life pulling through anxiety, depression, mania, and the negligent social stigma of mental illness in the 1980's. SETTINGThis story takes place in several different locations, the central ones being Madison, Wisconsin and Las Vegas, Nevada. These two cities tell polar tales-one of a wholesome, loving life of an Olympic runner and mother, and another of a high-risk, adventurous escort fulfilling her fantasies. Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

The Bipolar Disorder Survival Guide, Third Edition David J. Miklowitz 2019-02-21 Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

Born to Run Christopher McDougall 2010-12-09 A New York Times bestseller 'A sensation ... a rollicking tale well told' - The Times At the heart of Born to Run lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring

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author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

The Center Cannot Hold Elyn R. Saks 2007-08-14 A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. The Center Cannot Hold is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

Running Man Charlie Engle 2016-09-13 "A personal account by a world-class ultra-marathon runner chronicles his globe-spanning races, record-breaking run across the Sahara and struggles with drug addiction and wrongful imprisonment, "--NoveList.

The Dark Side of Innocence Terri Cheney 2012-03-13 From the "New York Times"-bestselling author

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of "Manic: A Memoir" comes a gripping and eloquent account of the awakening and unfolding of Cheney's bipolar disorder.

The Neuroscientist Who Lost Her Mind Barbara K.Lipska 2018-04-05 'Completely compelling and powerful, and hard to put down.' Sarah-Jayne Blakemore, prize-winning author of *Inventing Ourselves: The Secret Life of the Teenage Brain* - Who are we if our brain fails? - How do we think? - How do we feel? - How do we move, if we move at all? - What happens when we lose our mind? When renowned neuroscientist Barbara Lipska's melanoma spread to her brain it started to play tricks on her. The expert on mental illness - a specialist in how the brain operates - experienced what it is like to go mad. Analyzing the science of the mind and the biology of the brain alongside Dr Lipska's own extraordinary story, this is a fascinating account of what happens when the brain goes awry. 'Oliver Sacks-meets-When Breath Becomes Air ... Barbara Lipska's remarkable story illuminates the many mysteries of our fragile yet resilient brains.' Lisa Genova, bestselling author of *Still Alice* and *Every Note Played*

The Incomplete Book of Running Peter Sagal 2019-09-10 Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete*

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Book of Running, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to “quiet his colon” on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is “a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity” (P.J. O'Rourke).

The Price Natalie McLennan 2008-10-01 In this sexy, darkly funny, and suprisingly poignant memoir, famed New York call girl Natalie "Natalie" Mclennan tells her full story for the first time. A cautionary tale about a bright, confident young woman who sells her future for easy money and glamour, The Price takes readers inside the world of the twenty-five-year-old-girl "New York" magazine labeled "The \$2,000-An-Hour Hooker."

Educated Tara Westover 2022-02-08 #1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “Extraordinary . . . an act of courage and self-invention.”—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA’S FAVORITE BOOKS OF THE YEAR • BILL GATES’S HOLIDAY READING LIST • FINALIST: National Book Critics Circle’s Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award •

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Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, O: The Oprah Magazine, Time, NPR, Good Morning America, San Francisco Chronicle, The Guardian, The Economist, Financial Times, Newsday, New York Post, theSkimm, Refinery29, Bloomberg, Self, Real Simple, Town & Country, Bustle, Paste, Publishers Weekly, Library Journal, LibraryReads, Book Riot, Pamela Paul, KQED, New York Public Library

Lab Girl Hope Jahren 2016-04-05 Lab Girl is a book about work and about love, and the mountains that can be moved when those two things come together. It is told through Jahren's remarkable stories: about the discoveries she has made in her lab, as well as her struggle to get there; about her childhood playing in her father's laboratory; about how lab work became a sanctuary for both her heart and her hands; about Bill, the brilliant, wounded man who became her loyal colleague and best friend; about their field trips - sometimes authorised, sometimes very much not - that took them from the Midwest across the USA, to Norway and to Ireland, from the pale skies of North Pole to tropical Hawaii; and about her constant striving to do and be her best, and her unswerving dedication to her

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life's work. Visceral, intimate, gloriously candid and sometimes extremely funny, Jahren's descriptions of her work, her intense relationship with the plants, seeds and soil she studies, and her insights on nature enliven every page of this thrilling book. In *Lab Girl*, we see anew the complicated power of the natural world, and the power that can come from facing with bravery and conviction the challenge of discovering who you are.

Brilliant Madness Patty Duke 2010-01-13 In her revealing bestseller *Call Me Anna*, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on *The Patty Duke Show* was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in *A Brilliant Madness* Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

Manic Terri Cheney 2009-10-13 An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life—and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to

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the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, *Manic* does not simply explain bipolar disorder—it takes us into its grasp and does not let go.

[The Gilded Ones](#) Namina Forna 2021-02-04 The must-read new bold and immersive West African-inspired fantasy series, as featured on Cosmo, Bustle and Book Riot. In this world, girls are outcasts by blood and warriors by choice, perfect for fans of *Children of Blood and Bone* and *Black Panther*. "Namina Forna Could Be The Toni Morrison Of YA Fantasy." Refinery 29 Sixteen-year-old Deka lives in Otera, a deeply patriarchal ancient kingdom, where a woman's worth is tied to her purity, and she must bleed to prove it. But when Deka bleeds gold - the colour of impurity, of a demon - she faces a consequence worse than death. She is saved by a mysterious woman who tells Deka of her true nature: she is an Alaki, a near-immortal with exceptional gifts. The stranger offers her a choice: fight for the Emperor, with others just like her, or be destroyed... "An enthralling debut. *The Gilded Ones* redefines sisterhood and is sure to leave readers both inspired and ultimately hopeful." Stephanie Garber, #1 New York Times bestselling author of *Caraval* "Haunting, brutal, and oh-so-relevant. This book will suck you into a world where girls bleed gold, magic fills the air, and the real monsters hide behind words instead of claws." Roseanne A. Brown, New York Times bestselling author of *A Song of Wraiths and Ruin* "The Gilded Ones is a fierce, unflinching fantasy that marks Forna as a debut to watch." Kiersten White, New York Times bestselling author of *And I Darken*

[Running Is My Therapy](#) Scott Douglas 2018-04-17 A lifelong runner's groundbreaking guide to fighting depression and anxiety, one run at a time Everyone knows that running builds stronger muscles and a healthier heart. In *Running Is My Therapy*, longtime runner Scott Douglas shows how endurance running is also the best form of exercise to develop a healthier brain. A natural antidepressant, running reinforces the benefits of therapy and triggers lasting, positive physiological

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changes. In fact, some doctors now “prescribe” a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health—and live happier.

Running Like China Sophie Hardcastle 2015-08-25 From a talented emerging Australian writer, a brave, honest, unforgettable memoir about mental illness that breaks the silence and shatters the taboos to give hope to all those struggling to find their way through. 'When I was eleven years old Mum told me, "One crowded hour of glorious life is worth an age without a name." Even before I heard these words I was always a child who crammed intense joy into tiny pockets of time.' One day Sophie Hardcastle realised the joy she'd always known had disappeared. She was constantly tired, with no energy, no motivation and no sense of enjoyment for surfing, friends, conversations, movies, parties, family - for anything. Her hours became empty. And then, the month before she turned seventeen, that emptiness filled with an intense, unbearable sadness that made her scream and tear at her skin. Misdiagnosed with chronic fatigue, then major depression, then temporal lobe epilepsy, she was finally told - three years, two suicide attempts and five hospital admissions later - that she had Bipolar 1 Disorder. In this honest and beautifully told memoir, Sophie lays bare her story of mental illness - of a teenage girl using drugs, alcohol and sex in an attempt to fix herself; of her family's anguish and her loss of self. It is a brave and hopeful story of adaptation, learning to accept and of ultimately realising that no matter how deep you have sunk, the surface is always within reach. *Running Like China* shatters the silence and smashes the taboos around mental illness. It is an unforgettable story.

Magical Midlife Madness K. F. Breene 2023-02-15

Fast Girl Suzy Favor Hamilton 2016-03-30 L'OUVRAGE - Autobiographie Suzy avait tout, la beauté,

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le talent, de grands sponsors, une famille, trois participations aux Jeux Olympiques et un jeune mari aimant. Mais pour échapper à son mal de vivre et à une terrible anxiété, elle est devenue Kelly et s'est créé une double vie à Las Vegas... Je me concentrais sur ce que je pensais être le look idéal pour une escort girl de choix. J'étais maintenant la numéro 2 des hôtes les plus demandées de Vegas. Mon ambition absolue était de devenir la numéro 1. Il fallait que mon apparence fasse la différence... Naturellement, mon ascension a été rapide. Pas assez rapide à mon goût, bien entendu. Mes séances d'UV donnaient l'impression que mon corps avait baigné dans la lumière du désert. Les robes moulantes que je portais continuaient de décroître en taille, à cause de mon manque d'appétit. Dans un jour comme celui-là, je voulais juste me nourrir de mon exaltation. Ce jour-là, je portais une robe moulante rouge vif conçue par mon créateur préféré, Hervé Léger. Elle m'allait comme une seconde peau. Je n'avais pas envie de retourner à mon ancienne vie. Ni aujourd'hui, ni jamais. Révélée par les médias, l'histoire de Suzy Favor Hamilton a stupéfié l'Amérique.

Bubblegum Adam Levin 2020-04-14 "Adam Levin is one of our wildest writers and our funniest, and Bubblegum is a dazzling accomplishment of wit and inventiveness." —George Saunders "Levin's brains may have earned him a cult...but here he swells to a democratic reach. Give him a try sometime. His gate's wide open." —Garth Risk Hallberg, The New York Times Book Review The astonishing new novel by the NYPL Young Lions Fiction Award-winning author of *The Instructions*. *Bubblegum* is set in an alternate present-day world in which the Internet does not exist, and has never existed. Rather, a wholly different species of interactive technology—a "flesh-and-bone robot" called the Curio—has dominated both the market and the cultural imagination since the late 1980s. Belt Magnet, who as a boy in greater Chicago became one of the lucky first adopters of a Curio, is now writing his memoir, and through it we follow a singular man out of sync with the harsh realities

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of a world he feels alien to, but must find a way to live in. At age thirty-eight, still living at home with his widowed father, Belt insulates himself from the awful and terrifying world outside by spending most of his time with books, his beloved Curio, and the voices in his head, which he isn't entirely sure are in his head. After Belt's father goes on a fishing excursion, a simple trip to the bank escalates into an epic saga that eventually forces Belt to confront the world he fears, as well as his estranged childhood friend Jonboat, the celebrity astronaut and billionaire. In *Bubblegum*, Adam Levin has crafted a profoundly hilarious, resonant, and monumental narrative about heartbreak, longing, art, and the search for belonging in an incompatible world. *Bubblegum* is a rare masterwork of provocative social (and self-) awareness and intimate emotional power.

[Those Girls](#) Chevy Stevens 2015-07-07 'Incredibly scary and suspenseful' STEPHEN KING _____
How far would you go to protect the ones you love? Life has never been easy for the three Campbell sisters. Jess, Courtney, and Dani live on a remote ranch where they work hard and try to stay out of the way of their father's temper. One night, a fight gets out of hand and the sisters are forced to go on the run, only to get caught in an even worse nightmare. Eighteen years later, they are still trying to forget what happened to them. But when one of the sisters goes missing, followed closely by her niece, they are pulled back into the past. And this time there's nowhere left to run . . . Pre-order Chevy Stevens' electrifying new thriller, *DARK ROADS*, now _____ PRAISE FOR CHEVY STEVENS 'Gripping . . . Unforgettable' GILLIAN FLYNN 'Will have you spellbound' KARIN SLAUGHTER 'Intense and disturbing . . . Terrific' LEE CHILD 'Will grip you from page one' HARLAN COBEN

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GENERAL SUMMARY Fast Girl: A Life Spent Running from Madness is a non-fiction telling of Olympic runner Suzy Favor Hamilton's struggle with bipolar disorder. In an effort to share her story, this book details nearly thirty years of experiences-ups, downs, and everything in between-of a woman who lived her life pulling through anxiety, depression, mania, and the negligent social stigma of mental illness in the 1980's. SETTING This story takes place in several different locations, the central ones being Madison, Wisconsin and Las Vegas, Nevada. These two cities tell polar tales-one of a wholesome, loving life of an Olympic runner and mother, and another of a high-risk, adventurous escort fulfilling her fantasies. Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

Everything You Want Me to Be Mindy Mejia 2017-01-03 "Hattie Hoffman has spent her whole life playing many parts: the good student, the good daughter, the good girlfriend. When she's found brutally stabbed to death, the tragedy rips right through the fabric of her small-town community. Full of twists and turns, Everything You Want Me to Be reconstructs a year in the life of a dangerously mesmerizing young woman, during which a small town's darkest secrets come to the forefront, and she inches closer and closer to her death."--

Girl, Interrupted Susanna Kaysen 2021-12-02 The bestselling book that inspired the cult classic film, Girl, Interrupted, starring Winona Ryder and Angelina Jolie. "Not since Sylvia Plath's The Bell Jar has a personal account of life in a mental hospital achieved as much popularity and acclaim" TIME "Intelligent and painful" Guardian "Poignant, astonishing memoir" New York Times 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 to be treated for depression. She spent most of the next two years

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on the ward for teenage girls in a psychiatric hospital renowned for its famous clientele - Sylvia Plath, Robert Lowell, James Taylor and Ray Charles. A clear-sighted, unflinching work that provokes questions about our definitions of sane and insane, Kaysen's extraordinary memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers.

Runner's World Running on Air Budd Coates 2013-04-09 Renowned running coach Coates presents a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running using a mix of accessible science, Eastern philosophy, and experience.

Too Bright to Hear Too Loud to See Juliann Garey 2012-12-26 An NPR Great Read: This novel about bipolar disorder and one man's journey through the world is a "convincing portrait of mental illness" (Entertainment Weekly). This tour-de-force novel takes us inside the restless mind, ravaged heart, and anguished soul of Greyson Todd—a successful Hollywood studio executive who leaves his wife and young daughter for a decade to travel the globe, finally giving free rein to the bipolar disorder he's been forced to keep hidden for almost twenty years. The story intricately weaves together three timelines—Greyson's wanderings to Rome, to Israel, to Santiago, to Thailand, to Uganda; the progressive unraveling of his own father as seen through Greyson's childhood memories; and the intricacies and estrangements of his marriage—all of which unfolds in a narrative spanning twelve thirty-second electroshock treatments in a New York psychiatric ward.

The Woman in the Lake Nicola Cornick 2019-02-26 From the bestselling author of *House of Shadows* and *The Phantom Tree* comes a spellbinding tale of jealousy, greed, plotting and revenge—part history, part mystery—for fans of Kate Morton, Susanna Kearsley and Barbara Erskine London, 1765

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Lady Isabella Gerard, a respectable member of Georgian society, orders her maid to take her new golden gown and destroy it, its shimmering beauty tainted by the actions of her brutal husband the night before. Three months later, Lord Gerard stands at the shoreline of the lake, looking down at a woman wearing the golden gown. As the body slowly rolls over to reveal her face, it's clear this was not his intended victim... 250 Years Later... When a gown she stole from a historic home as a child is mysteriously returned to Fenella Brightwell, it begins to possess her in exactly the same way that it did as a girl. Soon the fragile new life Fen has created for herself away from her abusive ex-husband is threatened at its foundations by the gown's power over her until she can't tell what is real and what is imaginary. As Fen uncovers more about the gown and Isabella's story, she begins to see the parallels with her own life. When each piece of history is revealed, the gown—and its past—seems to possess her more and more, culminating in a dramatic revelation set to destroy her sanity.

Kali: Raunchy Relived (The Cartel Publications Presents) T. Styles 2015-10-01 What did Kalive Miller do now? Blindfolded and bound, Kali and two strangers are abducted and thrown in the back of a van, which makes a trip to their unmarked graves. As life flashes before Kali's eyes, we meet Bernice Davenport, his young gullible mother and Rufus Miller, his deranged, sex craved father. After refusing to follow the rules under her mother's reign, Bernice is thrown out on the streets.

Homeless, she believes her troubles are over when she meets Rufus who offers her a place to stay. However this gift comes with many secrets and before long she learns that he is far from sane. Wanting to escape his dangerous mood swings, her world is rocked when she discovers she's pregnant and needs the savage even more. Growing up tough is an understatement for young Kalive. As a teenager he learns to fend for himself despite not having an ideal childhood. Just when things get bad tragedy strikes again and a monster is born. *Kali: Raunchy Relived* explores how one of the

vilest character's T. Styles has ever written came to be. Raunchy fans are in for a twisted treat. The Long Run Matt Long 2011-08-16 A New York City firefighter's emotional and inspiring memoir of learning to run again after a debilitating accident. "The Long Run" is an emotional and incredibly honest story about Long's determination to fight through fear, despair, loneliness, and intense physical and psychological pain to regain the life he once had.

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