

AN  
UNQUIET  
MIND

A MEMOIR OF MOODS AND MADNESS

Kay Redfield Jamison

"Kay Jamison's book gripped me from the first page. *An Unquiet Mind* stands alone in the literature of manic-depression for its bravery, brilliance, and beauty."

# The Unquiet Mind

**William Walters Sargant**



## **The Unquiet Mind:**

**An Unquiet Mind** Kay Redfield Jamison, 2009-01-21 NATIONAL BESTSELLER A deeply powerful memoir about bipolar illness that has both transformed and saved lives with a new preface by the author Dr Jamison is one of the foremost authorities on manic depressive bipolar illness she has also experienced it firsthand For even while she was pursuing her career in academic medicine Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients as her disorder launched her into ruinous spending sprees episodes of violence and an attempted suicide Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed revealing both its terrors and the cruel allure that at times prompted her to resist taking medication **An Unquiet Mind** Kay R. Jamison, 1996 The personal memoir of a manic depressive and an authority on the subject describes the onset of the illness during her teenage years and her determined journey through the realm of available treatments Reprint 125 000 first printing **An Unquiet Mind** Kay R. Jamison, 1996 *An Unquiet Mind* Kay Redfield Jamison, 1996 The author recounts her own personal struggle with manic depression and how it has shaped her life Fires in the Dark Kay Redfield Jamison, 2024-05-14 The acclaimed author of *An Unquiet Mind* considers the age old quest for relief from psychological pain and the role of the exceptional healer in the journey back to health To treat even to cure is not always to heal In this expansive cultural history of the treatment and healing of mental suffering Kay Jamison writes about psychotherapy what makes a great healer and the role of imagination and memory in regenerating the mind From the trauma of the battlefields of the twentieth century to those who are grieving depressed or with otherwise unquiet minds to her own experience with bipolar illness Jamison demonstrates how remarkable psychotherapy and other treatments can be when done well She argues that not only patients but doctors must be healed She draws on the example of W H R Rivers the renowned psychiatrist who treated poet Siegfried Sassoon and other World War I soldiers and discusses the long history of physical treatments for mental illness as well as the ancient and modern importance of religion ritual and myth in healing the mind She looks at the vital role of artists and writers as well as exemplary figures such as Paul Robeson who have helped to heal us as a people Fires in the Dark is a beautiful meditation on the quest and adventure of healing the mind on the power of accompaniment and the necessity for knowledge The unquiet mind William Sargant, 1963 The Sleep Room Jon Stock, 2025-07-22 The shocking account of the women tortured by a legendary psychiatrist in his infamous sleep room and the survivors fighting for change in the system Dr William Sargant was one of the most revered figures in postwar psychiatry He had a lucrative private practice in London and a bestselling book on brainwashing and was a household name He was also a regular lecturer in the United States where he was a visiting professor at Duke University and had close connections with the CIA But he was best known for the apogee of his career the Sleep Room in Ward Five on the top floor of the Royal Waterloo Hospital in London In this twilight world Sargant's patients were subjected often without their consent or that of their families to

continuous narcosis They would be kept asleep for more than twenty hours a day for months at a time roused only to be washed fed and given sessions of electroconvulsive therapy Sargant believed in aggressive physical interventions If the brain was sick it needed to be splinted like a broken leg Between 1964 and 1972 hundreds of women were treated in the Sleep Room emerging with little sense of who they were or why they were there Now in their seventies and eighties they have come forward to share their stories They also want answers Who funded their dangerous treatment and were they the unwitting victims of state sponsored experiments The Sleep Room is thriller writer Jon Stock s rigorous investigation into Sargant the disturbing world of Ward Five and the twisted science of the psychiatry that lay behind it

**La Bruyère und Vauvenargues** Jean de La Bruyère,1903 *The Small Books of Bach* David C. Wright,2014-09-18 The Small Books of Bach is an offering of forty poems each a spiritual query playful celebration or serious riff on the music and life of J S Bach Divided into four books the poems range from lyrical investigations into Bach s life to surprising irreverent meditations on performances of the composer s work While Bach lovers will enjoy the references to his music and its reception these energetic poems can draw all readers into the composer s surprising life and spiritually challenging music a body of work with the potential to make readers want to dance or get right with a much better God than they came with or the one they had planned to take home

**An Unquiet Mind** ,2012 From Kay Redfield Jamison an international authority on manic depressive illness and one of the few women who are full professors of medicine at American universities a remarkable personal testimony the revelation of her own struggle since adolescence with manic depression and how it has shaped her life Vividly directly with candor wit and simplicity she takes us into the fascinating and dangerous territory of this form of madness a world in which one pole can be the alluring dark land ruled by what Byron called the melancholy star of the imagination and the other a desert of depression and all too frequently death A moving and exhilarating memoir by a woman whose furious determination to learn the enemy to use her gifts of intellect to make a difference led her to become by the time she was forty a world authority on manic depression and whose work has helped save countless lives

**The Unquiet Mind. The Autobiography of a Physician in Psychological Medicine. [With a Portrait.]** William Walters Sargant,1967 *The Unquiet Mind. The Autobiography of a Physician in Psychological Medicine* ,1971

**The Poems of Duncan Campbell Scott** Duncan Campbell Scott,1926 **The North British Review** ,1871 **The Immortal Charlatan** Robert Elliot,1910 **Lyrics of the Past** M. Emma Knapp,1872 **Allie; or, Into the light, by E.E.H.** E E. H,1877 **Larkins and the Drama** James Johnson (of Herne Hill.),1880 **Masterpieces of the World's Literature, Ancient and Modern ...** Harry Thurston Peck, Frank R. Stockton, Julian Hawthorne,1899 **In the Carquinez Woods** Bret Harte,1912

## Decoding **The Unquiet Mind**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Unquiet Mind**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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