

Of Styron Visible William Darkness A Madness Memoir

[#Darkness Visible](#) [#William Styron](#) [#memoir of madness](#) [#depression narrative](#) [#mental health awareness](#)

This profound memoir, 'Darkness Visible,' offers William Styron's harrowing and deeply personal account of his struggle with major depression, vividly detailing the profound darkness and despair he experienced. It serves as an essential exploration of mental illness, providing both a poignant narrative and crucial insights into the human experience of profound sadness and recovery.

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Darkness Visible

The New York Times–bestselling 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.

Darkness Visible

Autobiografisch relaas van een diepe depressie.

Reading My Father

"Reading My Father" is an intimate, moving, and beautifully written portrait of the novelist William Styron by his daughter, Alexandra.

The Grown-ups

A hugely readable story of sexual intrigue, vanity, nemesis and unexpected death '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....

This Quiet Dust

"Thoughtful, candid" essays from the author of the #1 New York Times bestseller *Sophie's Choice* (The Christian Science Monitor). This *Quiet Dust* is a compilation of William Styron's nonfiction writings that confront significant moral questions with precision and vigor. He examines topics as diverse as the Holocaust, the American Dream, and the controversy that raged around his Pulitzer Prize-winning novel, *The Confessions of Nat Turner*. In each entry, Styron expertly wields his powers of insight to slice through the most complex issues. This *Quiet Dust* offers a window into the philosophical underpinnings of Styron's greatest novels and is the ideal entry for readers seeking a greater understanding into the work of one of America's most celebrated authors. 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.

William Styron

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.

The Noonday Demon

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.

Darkness Visible

A work of great personal courage and a literary tour de force, this bestseller is Styron's true account of his descent into a crippling and almost suicidal depression. Styron is perhaps the first writer to convey the full terror of depression's psychic landscape, as well as the illuminating path to recovery. "From the Trade Paperback edition."

Darkness Visible

The destinies of three mysterious lost children entwine in this James Tait Black Memorial Prize-winning fable by the radical Nobel Laureate and author of *Lord of the Flies*. A figure had condensed out of the shuddering backdrop of the glare. He is born in fire: a naked child in the blood-red flames of London's Blitz. Miraculously saved but grotesquely burned, this mysterious orphan is named Matty. Doomed to a life of torment, he becomes a wanderer, a spiritual seeker after unknown redemption. They are also lost children: neglected twins, as exquisitely beautiful as they are loveless and sinful. Toni explores political terrorism; Sophy, sexual dominance and violent criminality. But their destinies will soon collide in an apocalyptic climax - one that illuminates the inner and outer darkness of modern humanity. 'Exceptional ... Irresistibly transcendent ... Golding seduces us. He transfixes, bewitches and confounds us.' Nicola Barker 'Extraordinary ... A hallucinatory, incantatory force ... The most powerful, and strangest, of all Golding's novels, and one of the great masterpieces of the twentieth-century English novel.' Philip Hensher 'A master craftsman in his particular sort of magic ... Golding's best book ... Wonderfully creepy ... A remarkable achievement.' London Review of Books 'A vision of elemental reality so vivid we seem to hallucinate the scenes ... Magic.' New York Times Book Review 'An intensity of vision without parallel.' TLS 'One of the most moving books I've ever read.' The Times 'Brilliantly spooky ... Written with great insight and a surprising humour, it is a thorough pleasure.' Atlantic Monthly

Girl, Interrupted

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 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.

Set This House on Fire

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.

Lie Down in Darkness

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.

Monkey Mind

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.

Darkness Visible

Addresses the question of whether membership in Freemasonry is compatible with one's duty as a practicing Christian. It includes the entire and authentic text of the Masonic ritual of the first three degrees and of the Royal Arch.

Healing from Depression

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.

Inheritance of Night

"It's fascinating for me to read, for the first time in over forty years, the stumbling starts toward the creation of *"Lie Down in Darkness."* These passages show how, in my early twenties, I may have been in possession of a luminous vision for a novel but how it was a luminosity clouded by much indecision and awkwardness. . . . *"Inheritance of Night,"* then, is made up of fragments of a beginning, bits of fruitful inspiration mingled with conceits that were stillborn."--William Styron, from the Preface

Sunbathing in the Rain

Sunbathing in the Rain is undoubtedly the best book I have ever read about one person's experience of depression.' - Dorothy Rowe, author of *Breaking the Bonds* 'This upbeat, very readable and engaging view of depression as a temporary retrenchment, a breathing space in which to adjust better to life, makes encouraging reading.' - Spectator 'Gwyneth Lewis writes with clarity, beauty and metaphorical precision. She conveys the darkness, the silence, the selfishness, the mental clutter of depression brilliantly.' - Simon Hattenstone, Guardian 'Welsh poet Gwyneth Lewis shares her personal story of wrestling with clinical depression and describes what she learned along the way about coping with the disease. The text is aimed primarily at those who are currently depressed and are struggling to recover. The emphasis throughout is on the healing power of self-acceptance and truth-telling. This is a reprint of a book first published in London by Flamingo in 2002.' - www.booknews.com This might well be the Age of Depression. More people than ever now experience the disease directly or see a friend or relative succumb to it. Among their number is Gwyneth Lewis. And she set about writing this book simply because she wished something like it had existed for her when she was in the middle of her depression. Depression is assassination. The depressive is both victim and detective - charged with tracking down the perpetrator of his or her own murder. By drawing on her own experience of struggling with the affliction, by highlighting ways of coping, ways of truth-telling, and ways of thriving, in a straightforward, robust fashion full of casual wisdom and easy wit, Gwyneth re-embarks on a journey that nearly killed her first time round and returns with this, perhaps the first truly undogmatic, undemanding, downright useful book about depression.

Malignant Sadness

'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.

Darkness Visible

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.

Depression

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

Lincoln's Melancholy

A nuanced psychological portrait of Abraham Lincoln that finds his legendary political strengths rooted in his most personal struggles. Giving shape to the deep depression that pervaded Lincoln's adult life, Joshua Wolf Shenk's *Lincoln's Melancholy* reveals how this illness influenced both the President's character and his leadership. Mired in personal suffering as a young man, Lincoln forged a hard path toward mental health. Shenk draws on seven years of research from historical record, interviews with Lincoln scholars, and contemporary research on depression to understand the nature of Lincoln's unhappiness. In the process, Shenk discovers that the President's coping strategies—among them, a rich sense of humor and a tendency toward quiet reflection—ultimately helped him to lead the nation through its greatest turmoil. A New York Times Book Review Editors' Choice SELECTED AS A BEST BOOK OF THE YEAR: Washington Post Book World, Atlanta Journal-Constitution, St. Louis Post-Dispatch, Pittsburgh Post-Gazette As Featured on the History Channel documentary *Lincoln* "Fresh, fascinating, provocative."—Sanford D. Horwitt, San Francisco Chronicle "Some extremely beautiful prose and fine political rhetoric and leaves one feeling close to Lincoln, a considerable accomplishment."—Andrew Solomon, New York Magazine "A profoundly human and psychologically important examination of the melancholy that so pervaded Lincoln's life."—Kay Redfield Jamison, Ph.D., author of *An Unquiet Mind*

The Suicide Run

The five personal and intensely powerful tales that make up this collection draw upon William Styron's real-life experiences in the US Marine Corps, and give us an insight into the early life of one of America's greatest modern writers. The stories are set in the gruelling camps and sweltering training fields which mark the limbo point between civilian life and the horrors of war. The stories tell of young men embarking on suicidal 1000 mile roundtrips to New York to see their girlfriends on 36 hour leave periods; the surreal experience of being conscripted for a second time to serve in the Korean War; and the frustration and isolation of returning home when service is over. *The Suicide Run* brings to life the drama, inhumanity, absurdity and heroism that forever changed the men who served in the Marine Corps.

Wasted

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

The Confessions of Nat Turner

The “magnificent” Pulitzer Prize–winning and #1 New York Times–bestselling novel about the preacher who led America’s bloodiest slave revolt (*The New York Times*). *The Confessions of Nat Turner* is William Styron’s complex and richly drawn imagining of Nat Turner, the leader of the 1831 slave rebellion in Virginia that led to the deaths of almost sixty men, women, and children. Published at the height of the civil rights movement, the novel draws upon the historical Nat Turner’s confession to his attorney, made as he awaited execution in a Virginia jail. This powerful narrative, steeped in the brutal and tragic history of American slavery, reveals a Turner who is neither a hero nor a demon, but rather a man driven to exact vengeance for the centuries of injustice inflicted upon his people. Nat Turner is a galvanizing portrayal of the crushing institution of slavery, and Styron’s deeply layered characterization is a stunning rendering of one man’s violent struggle against oppression. 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.

Unholy Ghost

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.

How To Be Depressed

George Scialabba is a prolific critic and essayist known for his incisive, wide-ranging commentary on literature, philosophy, religion, and politics. He is also, like millions of others, a lifelong sufferer from clinical depression. In *How To Be Depressed*, Scialabba presents an edited selection of his mental health records spanning decades of treatment, framed by an introduction and an interview with renowned podcaster Christopher Lydon. The book also includes a wry and ruminative collection of “tips for the depressed,” organized into something like a glossary of terms—among which are the names of numerous medications he has tried or researched over the years. Together, these texts form an unusual, searching, and poignant hybrid of essay and memoir, inviting readers into the hospital and the therapy office as Scialabba and his caregivers try to make sense of this baffling disease. In Scialabba’s view, clinical depression amounts to an “utter waste.” Unlike heart surgery or a broken leg, there is no relaxing convalescence and nothing to be learned (except, perhaps, who your friends are). It leaves you weakened and bewildered, unsure why you got sick or how you got well, praying that it never happens again but certain that it will. Scialabba documents his own struggles and draws from them insights that may prove useful to fellow-sufferers and general readers alike. In the place of dispensable banalities—“Hold on,” “You will feel better,” and so on—he offers an account of how it’s been for him, in the hope that doing so might prove helpful to others.

Havanas in Camelot

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.

The Center Cannot Hold

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.

One Friday in April: A Story of Suicide and Survival

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.

Shoot the Damn Dog

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.

Touched With Fire

The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about

the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

Dark Light of the Soul

Dark Light of the Soul explores the inner journeys of Jacob Boehme, the seventeenth-century Protestant mystic, and C.G. Jung, the twentieth-century depth psychologist. Each was concerned with the immediacy of experience, yet comprehended the importance of spirit as a transforming presence in human life. Kathryn Wood Madden connects the experiences of these two pioneers, focusing on a "ground of being that contains all opposites in potentiality." She examines those experiences from the perspective of depth psychology and religion, offering meaningful insights for anyone on a path of inner development, as well as for professionals in clinical settings. "If, as I contend, a unitary reality underlies all psychological experience, then as clinicians we ignore the 'spiritual realm and the divine' at the risk of the total psychic health of those in our care" --Kathryn Madden Dark Light of the Soul will be of interest to all therapeutic clinicians and anyone who wishes a deeper understanding of and fresh paths into the human psyche. CHAPTERS: Unitary Reality Distinctions between Psychology and Religion Radical Otherness Jung and the Pleroma When Deep Calls unto Deep The Self: Uniting Opposites Meeting Clinical Otherness Trauma, Dreams, and Resistance to Otherness Soul Retrieval: The Lonely One Through the Air Hole

The Other Side of Silence

Having spent her life trying to patch up the souls of others, psychiatrist Linda Gask eventually learnt to focus on her own depression and take care of herself, too. Artfully crafted and told with warmth and honesty, this is the story of Linda's journey, interwoven with insights into her patients' diverse experiences of depression.

Snow Falling on Cedars

A powerful tale of the Pacific Northwest in the 1950s, reminiscent of To Kill a Mockingbird. Courtroom drama, love story, and war novel, this is the epic tale of a young Japanese-American and the man on trial for killing the man she loves.

First You Write a Sentence.

A STYLE GUIDE BY STEALTH - HOW ANYONE CAN WRITE WELL (AND FULLY ENJOY GOOD WRITING) 'Joe Moran is a wonderfully sharp writer, calm, precise and quietly comical' Craig Brown Advanced maths has no practical use, and is understood by few. A symphony can be enjoyed, but created only by a genius. Good writing, however, can be written (and read) by anyone if we give it the gift of our time. Enter universally praised historian Professor Joe Moran. From the Bible and Shakespeare to Orwell and Diana Athill, First You Write a Sentence shows us how the most ordinary words can be turned into verbal constellations, sharing: - The tools of the trade; from typewriters to texting and the impact this has on the craft - Writing and the senses; how to make the world visible and touchable - How to find the ideal word, build a sentence, and construct a paragraph Good writing can ignite the hearts and minds of readers, help us notice the world better and live more meaningful lives. And it's a power we all can wield. 'What a lovely thing this is: a book that delights in the sheer textural joy of good sentences . . . Any writer should read it' Bee Wilson 'Thoughtful, engaging, and lively . . . when you've read it, you realise you've changed your attitude to writing (and reading)' John Simpson, formerly Chief Editor of the OED and author of The Word Detective 'Moran is a past master at producing fine, accessible non-fiction' Helen Davies, Sunday Times

A Tidewater Morning

From the #1 New York Times—bestselling author of Sophie's Choice: three novellas of a young writer's journey to adulthood. In Love Day, twenty-year-old Paul Whitehurst is a Marine lieutenant during World War II, waiting to land on Okinawa, wrestling with anxiety and memories of his boyhood in Virginia. In Shadrach, ten-year-old Paul witnesses his neighbors as they welcome a guest: a ninety-nine-year-old former slave who has walked nine hundred miles from Alabama so that he may die on the land of his childhood owner. And in A Tidewater Morning, Paul is thirteen and struggling to deal with his mother's impending death from cancer. Together in one volume, each of these affecting semiautobiographical novellas from the author of such literary classics as the Pulitzer Prize–winning The Confessions of

Nat Turner and the memoir *Darkness Visible*, weaves together the transformative experiences of Whitehurst's early life with William Styron's signature deep historical insight, underscoring how the significance of the past informs the present. As the Los Angeles Times notes, it is "one of Styron's finest works. . . . The beauty and humanity of the Southern tradition are evoked vividly." 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.

Mad Muse

Many of the well-respected scholarly studies of autobiographical writing have little or nothing to say about mental illness. This book uncovers the mysterious relationship between mood disorders and creativity through the lives of seven writers, demonstrating how mental illness is sometimes the driving force behind creativity.

Conversations with William Styron

In this collection of 25 interviews "Mr. Styron proves to be a consistently thoughtful & cooperative subject, freely discussing his southern origins, literary influences, writing habits, political views & other topics related to his fiction"--New York Times Book Review.

This Close to Happy

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."

On the Edge of Darkness

"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!

