

The Noonday Demon

The noonday devil is the demon of acedia, the vice also known as sloth. The word “sloth”, however, can be misleading, for acedia is not laziness; in fact it can manifest as busyness or activism. Rather, acedia is a gloomy combination of weariness, sadness, and a lack of purposefulness. It robs a person of his capacity for joy and leaves him feeling empty, or void of meaning. Abbot Nault says that acedia is the most oppressive of demons. Although its name harkens back to antiquity and the Middle Ages, and seems to have been largely forgotten, acedia is experienced by countless modern people who describe their condition as depression, melancholy, burn-out, or even mid-life crisis. He begins his study of acedia by tracing the wisdom of the Church on the subject from the Desert Fathers to Saint Thomas Aquinas. He shows how acedia afflicts persons in all states of life—priests, religious, and married or single laymen. He details not only the symptoms and effects of acedia, but also remedies for it.

From a Pulitzer Prize and National Book Award finalist, a ferociously intimate story of a family facing the ultimate question: how far will we go to save the people we love the most? When Margaret's fiancée, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her. She decides to marry him. *Imagine Me Gone* is the unforgettable story of what unfolds from this act of love and faith. At the heart of it is their eldest son, Michael, a brilliant, anxious music fanatic who makes sense of the world through parody. Over the span of decades, his younger siblings -- the savvy and responsible Celia and the ambitious and tightly controlled Alec -- struggle along with their mother to care for Michael's increasingly troubled and precarious existence. Told in alternating points of view by all five members of the family, this searing, gut-wrenching, and yet frequently hilarious novel brings alive with remarkable depth and poignancy the love of a mother for her children, the often inescapable devotion siblings feel toward one another, and the legacy of a father's pain in the life of a family. With his striking emotional precision and lively, inventive language, Adam Haslett has given us something rare: a novel with the power to change how we see the most important people in our lives. "Haslett is one of the country's most talented writers, equipped with a sixth sense for characterization"-Wall Street Journal "Ambitious and stirring . . . With *Imagine Me Gone*, Haslett has reached another level."-New York Times Book Review

In one way or another, we all carry trauma. It can manifest as anxiety, shame, low self-esteem, over-eating, under-eating, addiction, depression, confusion, people-pleasing, under-earning, low mood, negative thinking, social anxiety, anger, brain fog and more. Traumas, big or ‘little’, leave us trapped in cycles of dysfunctional behaviours, negative thoughts and difficult feelings. Yet many people are unaware they’re stuck in old reactions and patterns that stem from their past traumas. Many of us are wary of the word and push it away instead of moving towards it and learning how to break free. Dr Sarah Woodhouse is a Research Psychologist who specialises in trauma and is passionate about helping people face this word and their past. In *You're Not Broken* she teaches you what a trauma is (it's probably not what you think), and how to recognise when, why and how your past is holding you back. She gently explains the pitfalls of ignoring awkward, upsetting episodes and how true freedom comes from

looking back at your past with honesty. Then, sharing the latest research-based techniques and her own personal experience, she guides you towards breaking the trauma loop, reawakening your true self and reclaiming your future.

A powerful personal account of outer exploration and inner discovery.

The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies. This book examines depression in personal, cultural, and scientific terms. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations, around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. He takes readers on a journey into the most pervasive of family secrets and contributes to our understanding not only of mental illness but also of the human condition.

With uncommon humanity, candor, wit, and erudition, award-winning author Andrew Solomon takes the reader on a journey of incomparable range and resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning. The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers, Solomon reveals the subtle complexities and sheer agony of the disease. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has had on various demographic populations around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. The depth of human experience Solomon chronicles, the range of his intelligence, and his boundless curiosity and compassion will change the reader's view of the world.

From the winner of the National Book Award and the National Books Critics' Circle Award—and one of the most original thinkers of our time—“Andrew Solomon’s magisterial *Far and Away* collects a quarter-century of soul-shaking essays” (*Vanity Fair*). *Far and Away* chronicles Andrew Solomon’s writings about places undergoing seismic shifts—political, cultural, and spiritual. From his stint on the barricades in Moscow in 1991, when he joined artists in resisting the coup whose failure ended the Soviet Union, his 2002 account of the rebirth of culture in Afghanistan following the fall of the Taliban, his insightful appraisal of a Myanmar seeped in contradictions as it slowly, fitfully pushes toward freedom, and many other stories of profound upheaval, this book provides a unique window onto the very idea of social change. With his signature brilliance and compassion, Solomon demonstrates both how history is altered by individuals, and how personal identities are altered when governments alter. A journalist and essayist of remarkable perception and prescience, Solomon captures the essence of these cultures. Ranging across seven continents and twenty-five years, these “meaty dispatches...are brilliant geopolitical travelogues that also comprise a very personal and reflective resume of the National Book Award winner’s globe-trotting adventures” (*Elle*). *Far and Away* takes a magnificent journey into the

heart of extraordinarily diverse experiences: “You will not only know the world better after having seen it through Solomon’s eyes, you will also care about it more” (Elizabeth Gilbert).

“A fiercely imagined tale of love and loss, a story that manages to transform tragedy into comic redemption, sorrow into heroic survival.” —New York Times “[A] beguiling family saga....A captivating jigsaw puzzle of longing and loss whose pieces form an unforgettable image of contemporary Native American life.” —People A New York Times bestselling author, a Pulitzer Prize finalist, and winner of the National Book Critics Circle Award, Louise Erdrich is an acclaimed chronicler of life and love, mystery and magic within the Native American community. A hauntingly beautiful story of a mysterious woman who enters the lives of two families and changes them forever, Erdrich’s classic novel, *The Antelope Wife*, has enthralled readers for more than a decade with its powerful themes of fate and ancestry, tragedy and salvation. Now the acclaimed author of *Shadow Tag* and *The Plague of Doves* has radically revised this already masterful work, adding a new richness to the characters and story while bringing its major themes into sharper focus, as it ingeniously illuminates the effect of history on families and cultures, Ojibwe and white.

Describes how glasnost has improved the fortunes of formerly obscure, Soviet avant-garde artists, and changed Russian life in general

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one’s suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world’s largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she’d ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her *Good Morning America* family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that’s been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

In this stirring volume R. R. Reno a thoughtful, literate writer with a zest for physical and theological adventure looks back on his

time working in the oil fields of Wyoming, his quests to the heights of Yosemite and the ice cliffs of the French Alps, his daughter's bat mitzvah, and more, rendering seven diverse fragments of life in energetic prose. Fighting the Noonday Devil resounds with Reno's depth of feeling and regard for the tangible things of life. Through these narratives, vignettes, and reflections he shows that it is the real-life manifestations of love and loyalty far beyond intellectual abstractions or theories that train us for true piety.

Whether defending Jack Kerouac, describing work on a drilling rig, or narrating his reception into the Roman Catholic Church, Rusty Reno brings a writer's eye and a theologian's heart to the essayist's labors. Many rewards await the reader of this book. Alan Jacobs author of *Wayfaring and The Narnian* R. R. Reno's essays are intellectually stimulating, and some even possess cinematic possibilities. I find their Augustinian ethos deeply appealing in their consistent combination of wisdom and eloquence. David K. Naugle author of *Reordered Love, Reordered Lives: Learning the Deep Meaning of Happiness* In this smart and sparkling collection R. R. Reno applies his consummate literary skills to subjects as diverse as acedia, mountain climbing, religious conversion, Jack Kerouac, and interfaith marriage, uniting them under a single glorious banner, that of reclaiming the essential function of culture, the cultivation of the soul. A bravura performance. Philip Zaleski coauthor of *Prayer: A History* Fighting the Noonday Devil is the work of a pious intellect in all the best senses of the term. . . . Reno reads his life in parables in a way that provokes us to see our own lives anew. In him we find a voice and style in the best tradition of Newman incisive, affecting, wise, inviting. I was captivated by this book. James K. A. Smith author of *The Devil Reads Derrida and Other Essays on the University, the Church, Politics, and the Arts*

An engrossing memoir-meets-investigative report that takes a fresh, frank look at how we treat depression Depression is a havoc-wreaking illness that masquerades as personal failing and hijacks your life. After a major suicide attempt in her early twenties, Anna Mehler Paperny resolved to put her reporter's skills to use to get to know her enemy, setting off on a journey to understand her condition, the dizzying array of medical treatments on offer, and a medical profession in search of answers. Charting the way depression wrecks so many lives, she maps competing schools of therapy, pharmacology, cutting-edge medicine, the pill-popping pitfalls of long-term treatment, the glaring unknowns and the institutional shortcomings that both patients and practitioners are up against. She interviews leading medical experts across the US and Canada, from psychiatrists to neurologists, brain-mapping pioneers to family practitioners, and others dabbling in strange hypotheses—and shares compassionate conversations with fellow sufferers. Hello I Want to Die Please Fix Me tracks Anna's quest for knowledge and her desire to get well. Impeccably reported, it is a profoundly compelling story about the human spirit and the myriad ways we treat (and fail to treat) the disease that accounts for more years swallowed up by disability than any other in the world.

The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20+ years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of

course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.

How did Thomas Merton become Thomas Merton? Starting out from any one of his earlier major life moments--wealthy orphan boy, big man on campus, fervent Roman Catholic convert, new and obedient monk--we find ourselves asking how by his life's end he had grown from who he was then into a transcultural and transreligious spiritual teacher read by millions. This book takes another such starting point: his attempt in the mid-1950s to move from his abbey of Gethsemani, in Kentucky--a place that had become, in his view, noisy beyond bearing--to an Italian monastery, Camaldoli, which he idealized as a place of monastic peace. The ultimate irony: Camaldoli at that time, bucolic and peaceful outwardly, was inwardly riven by a pre-Vatican II culture war; whereas Gethsemani, which he tried so hard to leave, became, when he was given his hermitage there in 1965, his place to recover Eden. In walking with Merton on this journey, and reading the letters he wrote and received at the time, we find ourselves asking, as he did, with so much energy and honesty, the deep questions that we may well need to answer in our own lives. 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.

ONE OF THE BEST BOOKS OF THE YEAR: Forbes • Lit Hub • Electric Lit A gorgeous graphic memoir about loss, love, and confronting grief When Kristen Radtke was in college, the sudden death of a beloved uncle and the sight of an abandoned mining town after his funeral marked the beginning moments of a lifelong fascination with ruins and with people and places left behind. Over time, this fascination deepened until it triggered a journey around the world in search of ruined places. Now, in this genre-smashing graphic memoir, she leads us through deserted cities in the American Midwest, an Icelandic town buried in volcanic ash, islands in the Philippines, New York City, and the delicate passageways of the human heart. Along the way, we learn about her family and a rare genetic heart disease that has been passed down through generations, and revisit tragic events in America's

past. A narrative that is at once narrative and factual, historical and personal, Radtke's stunning illustrations and piercing text never shy away from the big questions: Why are we here, and what will we leave behind? (With black-and-white illustrations throughout; part of the Pantheon Graphic Novel series)

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.

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.

In these elegant and thoughtful essays, Dr. Blackwell takes us on a spiritual journey through the Bible.

The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies.

The "extraordinary novel" (The New York Times Book Review) about one boy's coming-of-age during the 1950s—and one of the most groundbreaking portrayals of gay life in American fiction "The best American narrative of sexual awakening since Catcher in the Rye." —Chicago Sun-Times Ridiculed by his classmates and beset by aloof parents and a cruel sister, the unnamed narrator of Edmund White's first autobiographical novel finds solace in literature, works of art, and his own fantastic imagination. But as he strives to forge new friendships, his yearning to be loved by the men in his life evokes a crushing sense of shame and a struggle to accept who he is. Lyrical and poignant, *A Boy's Own Story*—the first of a trilogy, followed by *The Beautiful Room Is Empty* and *The Farewell Symphony*—is an American literary treasure that became an instant classic upon publication for its pioneering portrayal of homosexuality.

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.

July 1964. Chartwell House, Kent: Winston Churchill wakes at dawn. There's a dark, mute "presence" in the room that focuses

on him with rapt concentration. It's Mr. Chartwell. Soon after, in London, Esther Hammerhans, a librarian at the House of Commons, goes to answer the door to her new lodger. Through the glass she sees a vast silhouette the size of a mattress. It's Mr. Chartwell. Charismatic, dangerously seductive, Mr. Chartwell unites the eminent statesman at the end of his career and the vulnerable young woman. But can they withstand Mr. Chartwell's strange, powerful charms and his stranglehold on their lives? Can they even explain who or what he is and why he has come to visit? In this utterly original, moving, funny, and exuberant novel, Rebecca Hunt explores how two unlikely lives collide as Mr. Chartwell's motives are revealed to be far darker and deeper than they at first seem.

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.

Janet Coburn draws on the posts from her award-winning blog, *Bipolar Me*, to illuminate the life of persons who live with bipolar disorder. As a woman living with bipolar 2 disorder, the author has direct experience of the subjects she covers and opens her life to readers. With chapters covering symptoms, treatments, the ups and downs of everyday life, and more, the author provides both valuable information and personal stories of struggles with mental illness. She wants people to know that help, healing, and a rich, rewarding life are possible. This book is recommended for anyone who is interested in or has bipolar disorder, and for people who are family, friends, or loved ones of someone who lives with the condition.

Depression is a mood disorder that affects one in ten Americans in any given year. At one time too stigmatized to be mentioned in polite conversation, depression is now discussed frankly in the media, and advertisements for drug therapy appear everywhere. The third edition of this widely acclaimed book reflects changes in how mood disorders are thought about, and how they are treated. Dr. Francis Mark Mondimore, author of the best-selling book *Bipolar Disorder: A Guide for Patients and Families*, here explains depression—its causes and symptoms, and its treatment. He discusses depression in all age groups and in both sexes, as well as bipolar disorder, seasonal affective disorders, and depression that accompanies illness. This edition encompasses more than a decade of new research, advances in pharmacology, and changes in public perception. The past ten years have seen the release of new forms of the major antidepressants as well as other promising new avenues in pharmaceutical treatments. For example "atypical" or "second generation" antidepressants, such as venlafaxine and duloxetine, provide different ways of manipulating the chemical systems in the brain concerned with mood. And there have been significant advances in the use of MAO inhibitors, now available in patch form. Dr. Mondimore reviews these and other pharmacological therapies as part of a comprehensive approach to treatment that includes psychotherapy, family and community support, and lifestyle changes. Full of information compassionately presented, this guide provides hope and help to patients and their families.

An astonishingly revisionist biography of Alexander Graham Bell, telling the true—and troubling—story of the inventor of the telephone. We think of Alexander Graham Bell as the inventor of the telephone, but that's not how he saw his own career. Bell was an elocution teacher by profession. As the son of a deaf woman and, later, husband to another, his goal in life from adolescence was to teach the deaf to speak. Even his tinkering sprang from his teaching work; the telephone had its origins as a speech reading machine. And yet by the end of his life, despite his best efforts—or perhaps, more accurately, because of them—Bell had become the American Deaf community's most powerful enemy. *The Invention of Miracles* recounts an extraordinary piece of forgotten history. Weaving together a moving love story with a

fascinating tale of innovation, it follows the complicated tragedy of a brilliant young man who set about stamping out what he saw as a dangerous language: Sign. The book offers a heartbreaking look at how heroes can become villains and how good intentions are, unfortunately, nowhere near enough—as well as a powerful account of the dawn of a civil rights movement and the triumphant tale of how the Deaf community reclaimed their once-forbidden language. Katie Booth has been researching this story for over a decade, poring over Bell's papers, Library of Congress archives, and the records of deaf schools around America. But she's also lived with this story for her entire life. Witnessing the damaging impact of Bell's legacy on her family would set her on a path that upturned everything she thought she knew about language, power, deafness, and the telephone.

The Noonday Demon An Atlas Of Depression Simon and Schuster

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.”

'It achieves what it set out to do- explaining in ordinary language to ordinary people just how relationships work.' -Sun

"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of *The Subtle Art of Not Giving a F*ck*
Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of *IQuitSugar.com*, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of *Cosmopolitan*, she was the host of the first series of *MasterChef Australia* and is the author of the international bestsellers *first, we make the beast beautiful*, *I Quit Sugar: Simplicious*, *I Quit Sugar* and *I Quit Sugar For Life*. Her latest book is *I Quit Sugar: Simplicious Flow*. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In *first, we make the beast beautiful*, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a

spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of *The Noonday Demon: An Anatomy of Depression*

An account of living with anxiety, coupled with reportage on the science of anxiety disorders.

"A useful guide for parents or teachers looking for confirmation that passion and persistence matter, and for inspiring models of how to cultivate these important qualities." —The Washington Post In this young readers edition of the instant New York Times bestseller *Grit*, MacArthur Genius Award-winning professor Angela Duckworth offers insights into who succeeds in life and why the secret to achievement a special blend of passion and persistence she calls "grit." The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit: Passion, Perseverance, and the Science of Success* Duckworth shows young people how they can achieve remarkable things not just by relying on natural talent but by practicing a unique form of focused persistence. She also teaches them how to be better at pursuing the small goals that will bring joy into their everyday life. Drawing on her powerful personal story, Duckworth describes how a youth spent smashing through every academic barrier resulted in the hypothesis that the real predictor of success may not be inborn "talent" but a special blend of resilience and single-mindedness. Through her descriptions of field research at venues as various as the National Spelling Bee (where students who score highest on the "Grit Scale" land in the final rounds) to work with Pete Carroll coach of the Seattle Seahawks, who was building the grittiest culture in the NFL, Duckworth shows how "grit" works in the real world. She also passes along insights gleaned from interviews with dozens of high achievers including the New York Times Crossword Editor, the Dean of Admissions at Harvard, and more.

Every family has secrets; only some secrets are lethal. In Victoria Costello's family mental illness had been given many names over at least four generations until this inherited conspiracy of silence finally endangered the youngest members of the family, her children. In this riveting story—part memoir, detective story, and scientific investigation—the author recounts how the mental unraveling of her seventeen-year-old son Alex compelled her to look back into family history for clues to his condition. Eventually she tied Alex's descent into hallucinations and months of shoeless wandering on the streets of Los Angeles to his great grandfather's suicide on a New York City railroad track in 1913. But this insight brought no quick relief. Within two years of Alex's diagnosis of paranoid schizophrenia, both she and her youngest son succumbed to two different mental disorders: major depression and anxiety disorder. Costello depicts her struggle to get the best possible mental health care for her sons and herself, treatment that ultimately brings each of them to full recovery. In the process, she discovers new science that explains how clusters of mental illness traverse family generations. Artfully weaving the scientific into the personal, Costello takes a journey to the far reaches of neuroscience and reports back on the startling findings it is yielding about the complex interplay between genes and environment that drives mental illness, and what it now tells us about how parents can trump a lethal inheritance. She shares the results of long-term U.K. and European family studies identifying the earliest signs of mental illnesses that can be passed on from

grandparents to parents and grandchildren. She tracks ongoing clinical trials to reverse the courses of these diseases through early intervention with the latest evidence-based treatments and offers brain-healthy choices individuals and families can make to prevent mental illness—freeing future generations to live healthier, happier lives.

The National Book Award-winning author of *The Noonday Demon* explores the consequences of extreme personal differences between parents and children, describing his own experiences as a gay child of straight parents while evaluating the circumstances of people affected by physical, developmental or cultural factors that divide families. 150,000 first printing.

Our best friends, Twitter followers, gal-pals, bromances, Facebook friends, and long distance buddies define us in ways we rarely openly acknowledge. But as a society, we are simultaneously terrified of being alone and already desperately lonely. We move through life in packs and friendship circles and yet, in the most interconnected age, we are stuck in the greatest loneliness epidemic of our time. It's killing us, making us miserable and causing a public health crisis. Increasingly, we don't just die alone; we die because we are alone. What if meaningful friendships are the solution? Journalist Kate Leaver believes that friendship is the essential cure for the modern malaise of solitude, ill health, and anxiety and that, if we only treated camaraderie as a social priority, it could affect everything from our physical health and emotional well being. Her much-anticipated manifesto, *The Friendship Cure*, looks at what friendship means, how it can survive, why we need it, and what we can do to get the most from it. Why do some friendships last a lifetime, while others are only temporary? How do you "break up" with a toxic friend? How do you make friends as an adult? Can men and women really be platonic? What are the curative qualities of friendship, and how we can deploy friendship to actually live longer, better lives? From behavioral scientists to besties, Kate draws upon the extraordinary research from academics, scientists, and psychotherapists, and stories from friends of friends, strangers from the Internet, and her "squad" to get to the bottom of these and other facets of friendship. For readers of Susan Cain's *Quiet* and Elizabeth Gilbert's *Big Magic*, *The Friendship Cure* is a fascinating blend of accessible "smart thinking," investigative journalism, pop culture, and memoir for anyone trying to navigate this lonely world, written with the wit, charm, and bite of a fresh voice.

Funny, thought-provoking, and incredibly disturbing, *Slow Death by Rubber Duck* reveals that just the living of daily life creates a chemical soup inside each of us. Pollution is no longer just about belching smokestacks and ugly sewer pipes - now, it's personal. The most dangerous pollution has always come from commonplace items in our homes and workplaces. Smith and Lourie ingested and inhaled a host of things that surround all of us all the time. This book exposes the extent to which we are poisoned every day of our lives. For this book, over the period of a week - the kind of week that would be familiar to most people - the authors use their own bodies as the reference point and tell the story of pollution in our modern world, the miscreant corporate giants who manufacture the toxins, the weak-kneed government officials who let it happen, and the effects on people and families across the globe. Parents and concerned citizens will have to read this book. Key concerns raised in *Slow Death by Rubber Duck*:

- Flame-retardant chemicals from electronics and household dust polluting our blood.
- Toxins in our urine caused by leaching from plastics and run-of-the-mill shampoos, toothpastes and deodorant.
- Mercury in our blood from eating tuna.
- The chemicals that build up in our body when carpets and upholstery off-gas.

Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better.

At a time when faster and easier electronic media threaten to eclipse reading and literature, the author explores reasons for reading and demonstrates the aesthetic pleasure reading can bring.

The author recounts his lifelong battle with anxiety, showing the many manifestations of the disorder as well as the countless treatments that

have been developed to counteract it, and provides a history of the efforts to understand this common form of mental illness.

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