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Recovered Not Cured A Journey Through Schizophrenia

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This very personal exploration of schizophrenia explores each stage, from the early signs and reactions from friends and family to seeking help and the challenges of recovery.

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"Recovered Not Cured" is an awareness tool that would benefit any person needing to empathize with a loved one battling forms of schizophrenia. Richard McLean says, "Every creative endeavor seems to reveal its naiveté in time. I'm sure I will cringe at this book soon enough."

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richard mcleans first book recovered not cured a journey through schizophrenia is his personal history living with schizophrenia this is a vivid honest view of the onset and continuation of the mental illness schizophrenia recovered not cured a journey through schizophrenia kindle edition by richard mclean

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Recovered, Not Cured: A Journey through Schizophrenia. St. Leonards, New South Wales, Australia: Allen & Unwin. 192 pages, ISBN 1865089745, \$14.95. Review by Hannah Anderson, Mount Sinai School of Medicine . Richard McLean's first book, Recovered, Not Cured: A Journey through Schizophrenia, is his personal history living with schizophrenia. This is a vivid, honest view of the onset and continuation of the mental illness schizophrenia.

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A memoir of schizophrenia offers a personal exploration of the disease, from the early signs to the challenges of recovery.

Set in Seattle, Washington and Westchester County, New York from 1982 to 1987, Dr. Anne McTiernan begins her memoir at age twenty-nine, when she completes her doctoral training in public health research at the University of Washington. She and her husband are parents to four-year-old and three-month old girls. Anne soon realizes that jobs in her field are scarce, especially for women. Racked with feelings of inadequacy, Anne feels that she needs better credentials in order to land a job. She resurrects an old dream of becoming a medical doctor, something she had cast aside years ago when she thought she lacked the smarts or stamina to attempt this feat. To her surprise, her husband agrees to support her attending medical school. The family moves 3,000 miles to Westchester County, New York, where Anne will begin a new journey. Over the first two years of medical school, Anne faces enormous and competing pressures—to learn the language and culture of medicine, to memorize a seemingly infinite amount of knowledge about the human body and the myriad ways it can fail, and to take care of her family. Within a few months of starting this new life, Anne is in deep trouble. She cannot handle the competing demands, and she feels isolated because there is no one in quite the same circumstances as she. The stress builds and builds, until Anne explodes with a series of paralyzing panic attacks that prevent her from studying and threaten her ability to function. She begins psychotherapy and starts on a journey of self-discovery. She realizes she has to change if she wants to survive. *Cured* differs from other physician memoirs in its themes of motherhood, mental illness, and its perspective from a female physician. Throughout the book, Anne draws parallels between her life as a medical student and her later experiences as a doctor and researcher, providing a unique viewpoint on how she turned adversity into a strength and set of skills.

A riveting first-hand account of a physician who's suddenly a dying patient, *In Shock* "searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, *In Shock* allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while achieving, through unflinching

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presence, a crystalline vision of a new and better possibility for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

With astonishing honesty, this memoir reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. With astonishing honesty, this memoir, *Get Me Out of Here*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. A mother, wife, and working professional, Reiland was diagnosed with borderline personality disorder at the age of 29--a diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity. A truly riveting read with a hopeful message. Excerpt: "My hidden secrets were not well-concealed. The psychological profile had been right as had the books on BPD. I was manipulative, desperately clinging and prone to tantrums, explosiveness, and frantic acts of desperation when I did not feel the intimacy connection was strong enough. The tough chick loner act of self-reliance was a complete facade."

'Strange Currencies of Ego and Soul, the visual language of Richard McLean', is a collection of art spanning 15 years of Richard's unique life. An ex-illustrator for Melbourne's 'The Age', and 'The Herald Sun', and also the author of 'Recovered, Not Cured, a journey through schizophrenia', Richard takes us on a journey through 15 years of image making as an artist, using traditional drawing, figure studies, political pop imagery, and photographic work. It takes into account the changes occurring in Richard's perception as he has dealt with his 'dis-cordancy', or mental illness. A must-have for lovers of art, art therapy, spirituality, design, and the celebration of diversity and existentialist perception.

This is the compelling story of Jonathan, a charming teenager who turns into a fearful and tormented young man; it is also the heart-rending story of a mother facing the realisation that her child is going mad. First published in 1991, this book has become a classic, and is as moving and as relevant today as it ever was. This 1998 edition has been updated with a new Foreword from the author detailing the effects this book has had on society, both in Australia and worldwide; a new Afterword which discusses the advances in treatments for schizophrenia and developments in community attitudes and programs for mental illnesses in general; and a new, up-to-date section on

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Where to Go for Help.

" . . . here your will is upright, free, and whole, and you would be in error not to heed whatever your own impulse prompts you to: lord of yourself I crown and mitre you." Dante, *The Purgatorio*

Catherine, nineteen years old and suffering from severe schizophrenia, sat in a mental hospital—mute, catatonic, and hearing voices. Her psychiatrist, Dr. Daniel Dorman, was convinced that his patient's psychotic behavior was rooted not merely in chemical imbalances but rather in the dramatic circumstances of her family history. He was therefore determined to avoid the mind-numbing medications that had been so detrimental to Catherine's well being. Dorman fought adamant opposition and criticism from his peers and superiors for a chance to guide Catherine out of madness. As much the story of a young doctor finding his own path in a controversial new world of antipsychotic drugs, where patients' advocates have nowhere to turn, *Dante's Cure* is the true account of a therapeutic process that took place six days a week, for seven years. Thanks to Dorman's devotion, persistence, and self-understanding of his role as a therapist aware of his own limitations, Catherine was able to set out on a life of her own. She is now a psychiatric nurse in southern California living free of medication; she speaks out on behalf of patient rights and humanity in the medical profession. Dorman re-creates Catherine's early life and the onset of her illness in striking detail, covering her treatment prior to his meeting her as a resident at UCLA Hospital, through her recovery and work as a nurse and activist. *Dante's Cure* offers a story of courage and hope. It reveals how madness is inherent to the human condition and therefore ought to be treated as such. To restore patients' trust in their power to recover, rather than robbing them of their agency in the name of medical knowledge, is the true moral of this remarkable journey out of madness.

Focussing on drawings created for the exhibitions 'Back to Basics', (2011) and 'Return from Pessimism', (2012), Richard McLean takes us on a journey of gestural mark-making back to the sensibilities of traditional drawing. These emotive images that make beauty of the banal act as a precursor of his journey into A/R/Tography to study a Masters in Education at Victoria University, Melbourne. This collection of 60 or so images along with an introduction by esteemed writer Stuart Barnes gives an insight into where Richard has come from as an artist to his envisioned multimedia installation entitled 'The Universal Embrace'.

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down--overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from

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the hospital within weeks--without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

A rigorous, skeptical, deeply reported look at the new science behind the mind's surprising ability to heal the body. Have you ever felt a surge of adrenaline after narrowly avoiding an accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body. Yet while we accept that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off infection and heart disease and even slow the progression of AIDS and some cancers. In *Cure*, award-winning science writer Jo Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of this new world of medicine. We learn how meditation protects against depression and dementia, how social connections increase life expectancy and how patients who feel cared for recover from surgery faster. We meet Iraq war veterans who are using a virtual arctic world to treat their burns and children whose ADHD is kept under control with half the normal dose of medication. We watch as a transplant patient uses the smell of lavender to calm his hostile immune system and an Olympic runner shaves vital seconds off his time through mind-power alone. Drawing on the very latest research, Marchant explores the vast potential of the mind's ability to heal, lays out its limitations and explains how we can make use of the findings in our own lives. With clarity and compassion, *Cure* points the way towards a system of medicine that treats us not simply as bodies but as human beings. A New York Times Bestseller Finalist for the Royal Society Insight Investment Science Book Prize Longlisted for the Wellcome Book Prize