

# Skywriting A Life Out Of The Blue

*Beyond Blue* Therese Borchard.2010-01-06 Therese Borchard may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, *Beyond Blue*, one of the most trafficked blogs on the site. *BEYOND BLUE*, the book, is part memoir/part self-help. It describes Borchard's experience of living with manic depression as well as providing cutting-edge research and information on dealing with mood disorders. By exposing her vulnerability, she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone. Comprised of four sections and twenty-one chapters, *BEYOND BLUE* covers a wide range of topics from codependency to addiction, poor body image to postpartum depression, from alternative medicine to psychopharmacology, managing anxiety to applying lessons from therapy. Because of her laser wit and Erma Bombeck sense of humor, every chapter is entertaining as well as serious.

**Skywriting** Marcia Cebulka.2019-08-12 Cover up your screens! Tell your phone to take a hike! Get ready to journal your way to more joy, creativity, and healing than you can begin to imagine. -Harriet Lerner, Ph.D., author of *The Dance of Anger* and *Why Won't You Apologize?* Marcia Cebulka's *Skywriting* journal is the perfect jumping-off point for anyone interested in fun and insightful guided self-discovery. Where the typical prompt-journal author is an invisible, omniscient narrator leaving the reader/writer to complete this journey alone, she relates fascinating and deeply personal stories, which gives us permission to be authentic and honest in our own writing. With thought-provoking, challenging, and playful prompts and questions, she compels us to dig deep and hold nothing back, because she holds nothing back. A satisfying and inspirational journal I enthusiastically recommend to writers and non-writers alike. - LS Hawker, USA Today Bestselling Author of *The Drowning Game*

*Living with Depression* Deborah Serani.2023 In the U.S., major depressive disorder afflicts more than 20 million adults and children every year. *Living with Depression* details the various forms and manifestations of depression alongside Serani's own personal and professional experiences with depression. Clinical definitions, updated research, and the promise of science serve not only as a resource guide for anyone who has depression or loves someone with this disorder, but also as a testament to those who live productively with mental illness--

**To Be Mona** Kelly Easton.2009-12 Told alternately from the points of view of Sage and her quirky friends, this novel deals delicately but realistically with issues ranging from bipolar disorder to unhealthy relationships.

**Darkness Is My Only Companion** Kathryn Greene-McCreight.2006-04 A brave and compassionate look at mental illness that offers theological understanding and personal insights from author's experiences.

*Skywriting Journal* Byron Jorjorian.2010-11-01 Got your head in the clouds? Turn the sky into a canvas for notes, doodles, and drawings. Full of fluffy white clouds, desert sunsets, lightning storms, and early morning sunbeams, this trusty journal can be carried anywhere. The sky's the limit!

*Clinician's Guide to Bipolar Disorder* David J. Miklowitz, Michael J. Gitlin.2015-07-07 This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. Highly readable, accessible, and pragmatic, the book provides expert guidance on critically important treatment questions. It addresses which medications to try and at what dosages, what psychosocial interventions are most helpful at different phases of the illness, how to continually monitor and fine-tune treatment to keep patients functioning well, and how to involve family members productively. The authors draw on state-of-the-art research as well as extensive clinical experience as a psychotherapist and a psychopharmacologist. Vivid case material is included throughout. Reproducible questionnaires and forms can be downloaded and printed in a convenient 8 1/2 x 11 size. Winner (First Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

**The Old Rush** Peter Hubbell.2014 *The Old Rush* is an invaluable primer for marketers seeking the next big fast growth opportunity.

*From Yesterday to TODAY* Stephen Battaglio.2012-01-12 "When Dave Garroway welcomed viewers to Today on that day in 1952, he ushered in a new era in broadcasting. . . . It was a place where viewers could turn to each morning to satisfy their appetite for all things news and information. It was a destination for the curious to learn more about what had happened overnight and how the day ahead might shape up. And they would see and hear it all from the best storytellers in broadcasting."—from the foreword Throughout the history of television there has been nothing quite like NBC's Today. Ever since the brilliant and innovative TV network executive Pat Weaver conceived the idea of broadcasting a "national newspaper of the air," Today has chronicled the triumphs and tragedies of our times through personalities that viewers have trusted and admired. With dozens of never-before-published photographs, *From Yesterday to TODAY* offers an insightful and entertaining history of America's favorite morning show from its experimental beginnings with Dave Garroway and a chimpanzee named J. Fred Muggs to its enduring success in the 21st century with co-anchors Matt Lauer and Ann Curry. Through personal recollections from Today family members such as Barbara Walters, Tom Brokaw, Jane Pauley, Bryant Gumbel, Katie Couric, Willard Scott, Matt Lauer, Al Roker, Meredith Vieira, and Ann Curry *From Yesterday to TODAY* will take you on the unique journey traveled by those who reported the news, reflected on cultural trends and provided comfort to a nation of viewers often before they have had that first cup of coffee. For more than sixty years, Today has delivered the public their first glimpse at the new ideas, political leaders, and social upheaval that shaped our lives. It has remained a constant in a dynamic medium that evolved from grainy black-and-white images to the computer screen. It has reminded us of the joy of living and why it is worth getting up each day.

**Breaking the Silence** Stephen P. Hinshaw.2008-01-08 People with mental illness are far too often subjected to discrimination and unfair treatment. It is particularly unfortunate that much of this stigmatization comes from the very people they depend upon for help--those in the mental health professions. Too many practitioners and scientists maintain us-versus-them attitudes and are extremely reluctant to admit any personal or family experiences of mental illness. This culture of concealment must change, and this book will change it. A groundbreaking collection of moving and inspiring stories of serious mental disorder from trainees, clinicians, and scientists in the mental-health professionals, *Breaking the Silence* is the first book to reveal the deep commonalities between patients and professionals. With an unprecedented level of honesty and disclosure, the contributors tell their own and their families' stories of mental disorder. Renowned psychologist Steve Hinshaw--who previously disclosed his own family's struggles with misdiagnosed bipolar disorder and who has synthesized the world literature on the stigma of mental illness--integrates, synthesizes, and provides perspective on these revealing stories. As they relate their personal and family histories, the contributors also describe the serious impairments that can accrue, the strength and courage that can be derived, and the influence these experiences have had on their own decisions to enter the mental health field. Moving in its honesty, frank in its disclosures, and sensitive in its portrayals, *Breaking the Silence* will be a beacon for those in the mental health professions, trainees across the many related fields, family members, and anyone who is dealing with mental illness. Its stark stories of pain, denial, and impairment, along with its clear messages of hope, courage, and resilience, will inspire for years to come.

**Skywriting** Jane Pauley.2004-08-24 "Truth arrives in microscopic increments, and when enough has accumulated--in a moment of recognition, you just know. You know because the truth fits. I was the only member of my family to lack the gene for numbers, but I do need things to add up. Approaching midlife, I became aware of a darkening feeling--was it something heavy on my heart, or was something missing? Grateful as I am for the opportunities I've had, and especially for the people who came into my life as a result, I couldn't ignore this feeling. I had the impulse to begin a conversation with myself, through writing, as if to see if my fingers could get to the bottom of it. It was a Saturday morning eight or ten years ago when I began following this impulse to find the answers to unformed questions. Skywriting is what I call my personal process of discovery." And so begins this beautiful and surprising memoir, in which beloved broadcast journalist Jane Pauley tells a remarkable story of self-discovery and an extraordinary life, from her childhood in the American heartland to her three decades in television. Encompassing her beginnings at the local Indianapolis station and her bright debut--at age twenty-five on NBC's Today and later on Dateline--Pauley forthrightly delves into the ups and downs of a fantastic career. But there is much more to Jane Pauley than just the famous face on TVs. In this memoir, she reveals herself to be a brilliant

woman with singular insights. She explores her roots growing up in Indiana and discusses the resiliency of the American family, and addresses with humor and depth a subject very close to her heart: discovering yourself and redefining your strengths at midlife. Striking, moving, candid, and unique, *Skywriting* explores firsthand the difficulty and the rewards of self-reinvention.

**The Medical Basis of Psychiatry** S. Hossein Fatemi, Paula J. Clayton. 2016-03-17 Four years have passed since the last edition (3rd) of this book was published. In the intervening years, several reviews of this book have provided highly encouraging remarks about the value of this book in transmitting information on classification and treatment of psychiatric disorders to the audience. We are proposing to revise all chapters with an eye on accuracy and ease of use, and this is an especially timely endeavor with the upcoming publication of the Diagnostic and Statistical Manual V. All the appropriate new information on biology, etiology, diagnosis and treatment of psychiatric disorders will be added to the current proposed edition. It is our goal to recruit the same authors (if possible) who contributed to the previous edition. While all chapters will be updated (see TOC), those marked by asterisks will be the most likely to undergo more revision. Psychiatry has emerged as a burgeoning scientific field with major advances in etiology and treatment of several disorders. Just as there was excitement in the anatomic advances that took place a hundred years ago when Emil Kraepelin and his collaborators took on the enormous task of classification of psychiatric disorders based on rational scientific thinking, new advances in genetics, biochemistry, neuroanatomy and pharmacotherapy of mental disorders have brought us even closer to a better understanding of complex disorders like schizophrenia, bipolar disorder, depression and even autism. The major goal of the previous edition of this classic book was to update the busy clinician, psychiatric resident and medical student with the most up-to-date information on etiology, diagnosis and treatment of psychiatric disorders. This goal remains the focus of the fourth edition of this book. In this updated and expanded edition, the reader will be provided with the most contemporary information and literature supported by a close survey of the field. This new edition of this classic title, with its focus on biologic and medical aspects of psychiatry, will continue to be of significant help to all interested in the scientific practice of psychiatry.

**Your Life Calling** Jane Pauley. 2014-01-07 Jane Pauley, "America's baby boomer" (Tom Brokaw) and the new anchor of CBS Sunday Morning, offers an inspirational guidebook "chockablock with keen insights for career transitions" (USA TODAY). In 2014, every baby boomer will have reached the milestone age of fifty. For most, it's not an end, but the beginning of something new. Research has shown that people in their fifties are more vital now than they were only ten years ago. They're saying, "I'm game, I'm up for it, I want to do more." Jane Pauley, one of America's most beloved and trusted broadcast journalists, offers humor and insight about the journey forward. The New York Times bestseller *Your Life Calling* is a fresh look at ideas that have been simmering since boomers first entered midlife with a different perspective on the future than any generation before: that there was more to come—and perhaps the best of all. Jane is not an advice giver but a storyteller. Here she tells her own and introduces readers to the fascinating people she has featured on her award-winning Today show segment, "Life Reimagined Today." You'll meet Betsy McCarthy, who traded in her executive briefcase for knitting needles; Gid Pool, who launched a career as a stand-up comic; Richard Rittmaster, who joined the National Guard Chaplain Corps; Trudy Lundgren, who took her home on the road in an RV; Paulie Gee, who opened a successful pizzeria in Brooklyn; and many more. "Jane Pauley is a wonderful guide to all the different ways you can open new doors in life, many of which lead to unexpected places. She shows with humor and insight why the journey to reinvention can come from all kinds of places and produce all kinds of joys" (Michael J. Fox). *Your Life Calling* is delightful, compelling, and motivating for anyone asking "What am I going to do with my supersized life?"

*Depression and Bipolar Disorder* Vatsal Thakkar, Christine Elaine Collins. 2006 Presents an exploration of the causes, symptoms and treatments of depression and bipolar disorders.

**The Up and Down Life** Paul E. Jones, Andrea Thompson. 2008-05-06 A fresh, honest, and practical guide to living with bipolar disorder. Paul Jones, a stand-up comedian and workshop leader who suffers from bipolar disorder, uses humor, honesty, and hard-won practical advice to dispel the stigma surrounding mental illnesses and shed light on the challenges of living with bipolar disorder. Offering an intimate view of life with bipolar disorder—including the most common mistakes bipolar individuals make and how to avoid them—and covering every aspect from diagnosis, social life, home life, and career, this is an accessible and engaging guide from someone who's been there and can help readers cope and thrive.

**Skywriting** Jane Pauley. 2005-05-31 "Truth arrives in microscopic increments, and when enough has accumulated—in a moment of recognition, you just know. You know because the truth fits. I was the only member of my family to lack the gene for numbers, but I do need things to add up. Approaching midlife, I became aware of a darkening feeling—was it something heavy on my heart, or was something missing? Grateful as I am for the opportunities I've had, and especially for the people who came into my life as a result, I couldn't ignore this feeling. I had the impulse to begin a conversation with myself, through writing, as if to see if my fingers could get to the bottom of it. It was a Saturday morning eight or ten years ago when I began following this impulse to find the answers to unformed questions. *Skywriting* is what I call my personal process of discovery." And so begins this beautiful and surprising memoir, in which beloved broadcast journalist Jane Pauley tells a remarkable story of self-discovery and an extraordinary life, from her childhood in the American heartland to her three decades in television. Encompassing her beginnings at the local Indianapolis station and her bright debut—at age twenty-five on NBC's *Today* and later on *Dateline*—Pauley forthrightly delves into the ups and downs of a fantastic career. But there is much more to Jane Pauley than just the famous face on TVs. In this memoir, she reveals herself to be a brilliant woman with singular insights. She explores her roots growing up in Indiana and discusses the resiliency of the American family, and addresses with humor and depth a subject very close to her heart: discovering yourself and redefining your strengths at midlife. Striking, moving, candid, and unique, *Skywriting* explores firsthand the difficulty and the rewards of self-reinvention.

**What to Wear for the Rest of Your Life** Kim Johnson Gross. 2010-05-03 In *What to Wear for the Rest of Your Life*, Gross helps us reconsider our closet identity, and discover who we want to be. Every woman's closet—no matter the size—is a room of her own. In that space hang side by side the special occasions and the everyday, the triumphs and the disasters, the memories we want to keep—and those we should jettison. She shares her personal journey and the intimate, poignant, and often humorous stories of the dozens of women she's interviewed across the country. Along with calming fashion advice about how to choose flattering clothes that will fit any woman's shape and style, Gross's engaging stories will help every woman evolve gracefully from wife to mother, from empty-nester to globe-trotting adventurer—whatever role she chooses—while letting her style express her inner beauty.

*If Your Adolescent Has Depression Or Bipolar Disorder* Dwight L. Evans, Linda Wasmer Andrews. 2005 While coping with teenage moodiness can be difficult under any circumstances, it can be especially challenging if a teenager has a serious mood disorder. This concise, readable book is the definitive guide to understanding and getting effective help for adolescents with depression or bipolar disorder, designed for parents and other adults in contact with afflicted teens. It combines the most current scientific expertise available today—including the newest treatments and medications and the latest research findings on mood disorders—with no-nonsense, hands-on advice from parents who have faced these disorders in their own children. Among other topics, the book addresses the biochemical roots of adolescent mood disorders, the ongoing debate over psychiatric medications for young people, and practical strategies for helping a teen cope at home and at school. It concludes on a hopeful note, by reviewing the latest scientific evidence on methods of stopping mood disorders before they start or minimizing the risk of recurrence. A growing body of research now shows that early diagnosis and treatment of depression and bipolar disorder may reduce the severity of these diseases, both now and in the future. Including red flags to look out for and warnings on the dangers of doing nothing, this book will provide the information and tools parents need to help adolescents achieve the best possible outcome. On the Adolescent Mental Health Initiative series: The Adolescent Mental Health Initiative series addresses some of the major mental health issues facing teenagers today—eating disorders, anxiety disorders, depression, and schizophrenia. Of the dozen or so books planned for the series, the first four, including the two presented here, focus on how parents and other adults, including teachers, coaches, guidance counselors, and even pediatricians, can help afflicted teens overcome the disrupting and often devastating challenges of these disorders. Each book is an authoritative guide that offers essential information such as how to go about getting a diagnosis, what the latest treatment options and prevention strategies are, how to help teens cope with mental illness at home and at school and, perhaps most importantly, what the warning signs and red flags are that parents and other adults should look out for in teenagers who may be at risk for these diseases.

Combining the expertise of leading psychiatrists and psychologists with the experience of everyday people who have faced these disorders in their own children, the books are designed to help adults deal effectively with adolescent mental illness and to empower them to act immediately and wisely in getting teens the best available treatment possible.

**A Journey** John Campbell.2006-06 All of us repeatedly grieve, heal, and reinvent ourselves throughout our lives. Being aware of, and active in, this inherent aspect of our existence I believe to be a less painful and more satisfying way of living than blindly struggling with, or resisting, these natural processes.-John S. Campbell, M.D., author of *A Journey: Creative Grieving and Healing*. We all die, he seems to be telling us. What is far more important is that we live a meaningful life before that time comes.. We all need to dig deep to find our own wisdom so we may understand what John is telling us.-Nikki DeFrain, M.S, and John DeFrain, Ph.D. from their Foreword.

**Skywriting by Word of Mouth** John Lennon.2013-10-01 John Lennon wrote *Skywriting by Word of Mouth*, an impressive collection of writings and drawings, during Yoko Ono's pregnancy with Sean, and always planned to have it published. The book's publication was a wish that seemed to end with Lennon's assassination in 1980 and the theft of the manuscript from the Lennons' home in 1982. When it was recovered and first published in 1986, *Skywriting* received immediate critical and popular acclaim. Filled with Lennon's extraordinary creative powers and lavishly illustrated with his own drawings, the collection reveals his fertile creative spirit up close and in full force. Included in *Skywriting* are *Two Virgins*, written when the public learned that John and Yoko were living together as husband and wife, and John's only autobiography, *The Ballad of John and Yoko*. In addition there are notes on his falling in love with Yoko, the breakup of the Beatles, his persecution by U.S. authorities, and his withdrawal from public life. This is a book with John Lennon's spirit on every page—a spirit the world needs to remember.

**Out of Focus . . . Again** Ann Kochenberger.2008-12-01 A vivid account of what it's like to experience depression—and practical advice for those who are dealing with this debilitating illness. Do you know someone who's depressed? Do you live with someone suffering from depression? Are you depressed? Would you like to learn strategies to cope with depression? Being depressed is not a matter of personal weakness. One out of ten is afflicted with this illness. The other ninety percent know someone who struggles to cope—a spouse, partner, parent, sibling, child, relative, or friend. Family and friends want to help, but don't know how. This book blends a remarkable firsthand account of how depression feels, incorporating details from the author's own journals, with practical strategies for those who suffer—or care about someone who does. Overcoming depression takes work. Sometimes just getting through every minute of every hour of the day is all that can be done . . . but it can be done.

**Orange Coast Magazine** .2006-07 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county's luxe lifestyle.

**Little White Lies, Deep Dark Secrets** Susan Shapiro Barash.2009-01-06 From the bestselling author of *Tripping the Prom Queen* comes a fascinating and provocative look at the reasons behind female deception. *Little White Lies, Deep Dark Secrets* reveals how society doles out mixed messages to women, fostering the lies they tell. Among the liars are: •A woman who shoplifts, and has it down to a science •A woman who tells her husband she is working late in order to be with her lover •A woman who lies about her children's achievements to her friends •A woman who pretends her husband is doing well when they are going broke •A woman who has covered up her husband's emotional abuse for years •A woman whose secret is her misery in being a stay-at-home mom in suburbia •A woman who lies about loving her partner, deciding it's better to stay than be alone •And many other secrets and deceptions Honest and even outrageous, Susan Shapiro Barash is fast becoming the author who explores issues that are important to women—issues that they are loath to talk about . . . until now.

**Your Life Calling** Jane Pauley.2014-01-07 Filled with real-life stories, the beloved broadcast journalist and the host of the award-winning *Your Life Calling* segment on the *Today* show offers practical ideas, inspiration and motivation for people over 50 longing for something different or something more.

**Self-Help That Works** John C. Norcross,Linda F. Campbell,John M. Grohol, PsyD,John W. Santrock,Florin Selagea, M.S.,Robert Sommer, Ph.D..2013-04-11 Previously published under title: *Authoritative guide to self-help resources in mental health*.

**Shrinks** Jeffrey A. Lieberman.2015-03-10 The inspiration for the PBS series *Mysterious of Mental Illness*, *Shrinks* brilliantly tells the astonishing story of psychiatry's origins, demise, and redemption (Siddhartha Mukherjee). Psychiatry has come a long way since the days of chaining lunatics in cold cells and parading them as freakish marvels before a gaping public. But, as Jeffrey Lieberman, MD, the former president of the American Psychiatric Association, reveals in his extraordinary and eye-opening book, the path to legitimacy for the black sheep of medicine has been anything but smooth. In *Shrinks*, Dr. Lieberman traces the field from its birth as a mystic pseudo-science through its adolescence as a cult of shrinks to its late blooming maturity — beginning after World War II — as a science-driven profession that saves lives. With fascinating case studies and portraits of the luminaries of the field — from Sigmund Freud to Eric Kandel — *Shrinks* is a gripping and illuminating read, and an urgent call-to-arms to dispel the stigma of mental illnesses by treating them as diseases rather than unfortunate states of mind. “A lucid popular history...At once skeptical and triumphalist. It shows just how far psychiatry has come.” —Julia M. Klein, *Boston Globe*

**Bipolar Disorder Answer Book** Charles Atkins.2007 Approximately 5.7 million Americans have bipolar disorder, a brain disorder also known as manic-depressive illness.

**The Bipolar Disorder Survival Guide, Second Edition** David J. Miklowitz.2011-02-28 This book has been replaced by *Bipolar Disorder Survival Guide, Third Edition*, ISBN 978-1-4625-3498-2.

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

**Bipolar Disorder: Learn the Symptoms and Strategies on How You Can Cope (The Complete Bipolar Disorder Survival Guide to Stopping Mood Swings)** Mildred Sanders.2021-11-17 This book intends to help people with bipolar disorder understand their condition better and disprove the notion that theirs are hopeless cases. It should be clear to everyone that manic depression can be cured, and that treatment, recovery, and management of this disease can be carried out. People with psychological disorders are often misunderstood by society at large. One of these disorders is bipolar disorder, also known as manic-depression. The techniques you will learn in this book... • How to identify signs and symptoms and learn to spot early-warning signs in yourself or someone you love • Different types of bipolar. Bipolar i,ii, and cyclothymia • How you use cbt (cognitive behavioral therapy) to effectively deal with bipolar • You'll find a brief summary at the end of every chapter for the times when it's hard to concentrate. • Plus, so much more! This book takes us through the facts that underlie bipolar disorder, what it is and the various ways through which one can cope with this mental illness. More interestingly is the great inspiring stories from members of my support team, offering you their real life's experiences and the manner in which they have been successful in coping with the illness.

**MORE Remarkable Women Word Search Puzzles** M. C. Waldrep.2020-03-18 These 100 word search puzzles feature names and terms associated with famous women scientists, actors, musicians, politicians, authors, athletes: Madeline Albright, Melinda Gates, Aretha Franklin, Audrey Hepburn, and many others. Answers included.

*Hypomania* .



*The Blue Sky* Galsan Tschinag.2020-06-09 A boy's nomadic life in Mongolia is under threat in a novel that "captures the mountains, valleys and steppes in all their surpassing beauty and brutality" (Minneapolis Star-Tribune). In the high Altai Mountains of northern Mongolia, a young shepherd boy comes of age, tending his family's flocks on the mountain steppes and knowing little of the world beyond the surrounding peaks. But his nomadic way of life is increasingly disrupted by modernity. This confrontation comes in stages. First, his older siblings leave the family yurt to attend a distant boarding school. Then the boy's grandmother dies, and with her his connection to the old ways. But perhaps the greatest tragedy strikes when his dog, Arsylang—"all that was left to me"—ingests poison set out by the boy's father to protect his herd from wolves. "Why is it so?" Dshurukawaa cries out in despair to the Heavenly Blue Sky, to be answered only by the wind. Rooted in the oral traditions of the Tuvan people, *The Blue Sky* weaves the timeless story of a boy poised on the cusp of manhood with the story of a people on the threshold. "Thrilling. . . . Tschinag makes it easy for his readers to fall into the beautiful rhythms of the Tuvans' daily life." —Los Angeles Times Book Review "In this pristine and concentrated tale of miraculous survival and anguished loss, Tschinag evokes the nurturing warmth of a family within the circular embrace of a yurt as an ancient way of life lived in harmony with nature becomes endangered." —Booklist

**From Madness to Mental Health** Greg Eghigian.2009-12-10 From Madness to Mental Health neither glorifies nor denigrates the contributions of psychiatry, clinical psychology, and psychotherapy, but rather considers how mental disorders have historically challenged the ways in which human beings have understood and valued their bodies, minds, and souls. Greg Eghigian has compiled a unique anthology of readings, from ancient times to the present, that includes Hippocrates; Julian of Norwich's Revelations of Divine Love, penned in the 1390s; Dorothea Dix; Aaron T. Beck; Carl Rogers; and others, culled from religious texts, clinical case studies, memoirs, academic lectures, hospital and government records, legal and medical treatises, and art collections. Incorporating historical experiences of medical practitioners and those deemed mentally ill, *From Madness to Mental Health* also includes an updated bibliography of first-person narratives on mental illness compiled by Gail A. Hornstein.

**Manic Minds** Lisa M. Hermsen.2011-11-22 From its first depictions in ancient medical literature to contemporary depictions in brain imaging, mania has been largely associated with its Greek roots, to rage. Prior to the nineteenth century, mania was used interchangeably with madness. Although its meanings shifted over time, the word remained layered with the type of madness first-century writers described: rage, fury, frenzy. Even now, the mental illness we know as bipolar disorder describes conditions of extreme irritability, inflated grandiosity, and excessive impulsivity. Spanning several centuries, *Manic Minds* traces the multiple ways in which the word mania has been used by popular, medical, and academic writers. It reveals why the rhetorical history of the word is key to appreciating descriptions and meanings of the manic episode. Lisa M. Hermsen examines the way medical professionals analyzed the manic condition during the nineteenth and twentieth centuries and offers the first in-depth analysis of contemporary manic autobiographies: bipolar figures who have written from within the illness itself.

**Seen and Heard** Nichola D. Gutgold.2008 As a messenger of television news, an anchorperson must hook the audience and make them pay attention. In America, there has been a strong tradition of male news anchors--Edward R. Murrow, Walter Cronkite, Dan Rather, Peter Jennings. These men, perched at their 'electronic hearths', recounted the details of America's most significant history to its citizens. Today, women are visible in every area of television news, even in the hallowed anchor chair, but their presence has been hard-fought and continues to present unique challenges. When Oprah Winfrey endorsed the presidential candidacy of Barack Obama, it reinforced the tremendous power a broadcaster can wield. *Seen and Heard* examines the lives, careers, and communication styles of twelve of the most compelling and recognizable women of television news, including Christiane Amanpour, Elizabeth Vargas, Diane Sawyer, Paula Zahn, Judy Woodruff, and Candy Crowley. From Barbara Walters's vast career that spans more than half a century to Katie Couric's historic appointment as the sole anchor of the CBS Evening News, this book explores the obstacles and opportunities for women in broadcasting.

**Bipolar Expeditions** Emily Martin.2009-02-08 *Bipolar Expeditions* is an ethnographic inquiry into mania and depression in their American cultural and historical contexts. The text explores the complex darkness and stigma associated with those deemed 'mad'.

**Understanding and Loving a Person with Bipolar Disorder** Stephen Arterburn,Becky Lyke Brown.2018-08-01 Becky Lyke Brown, M.S. teams up with Stephen Arterburn to offer: Insight into when to help and when to pull back How to connect with what a loved one is experiencing Expert advice on when and how to seek treatment Ideas for specific situations and conversations Help for self-care and personal boundaries Brown understands that loving someone who has bipolar disorder is a challenge on a daily basis. This practical resource reminds readers they are not alone.

**The Mark of Shame** Stephen P. Hinshaw.2009-08 The stigma associated with mental disorders can erode personal well-being, family relations and economic productivity of sufferers. This text examines the psychological and solid roots of such stigma and ways to overcome it.

**Bipolar Disorder For Dummies** Candida Fink,Joe Kraynak.2011-03-04 Bipolar Disorder affects many more people than just the 2.5 million Americans who suffer from the disease. Like depression and other serious illnesses, bipolar disorder also affects spouses, partners, family members, friends and coworkers. And, according to the Child and Adolescent Bipolar Foundation, 15% of children diagnosed with ADHD may actually be suffering from early-onset of Bipolar Disorder. *Bipolar Disorder For Dummies* reveals some of the causes and consequences of bipolar disorder, let you in on some crisis survival strategies, and describe ways that friends and family members can support loved ones who have the disease. The book includes an overview of the causes and symptoms of bipolar disorder, explains step-by-step how to obtain an accurate diagnosis, discusses the medications available, and tells what you can and can't do to help someone with the disease. You'll learn: The different categories and potential causes of bipolar disorder How to select the right mental health specialist Managing employment-related issues brought on because of the disorder How bipolar disorder affects children Advocating for yourself or a loved one Planning ahead for manic and depressive episodes Selecting the best medications for you—including alternative natural treatments How to survive an immediate crisis situation Identifying triggers and mapping your moods Complete with fill-in-the-blanks forms and charts, key web site and email addresses, and first-hand accounts from real people, *Bipolar Disorder For Dummies* gives you the latest information and self-help strategies you and your loved ones need to help everyone affected feel a whole lot better.

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