



## An Unquiet Mind: A Memoir of Moods and Madness

By Kay Redfield Jamison

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, An Unquiet Mind: A Memoir of Moods and Madness, Kay Redfield Jamison, Dr Kay Redfield Jamison is one of the foremost authorities on manic-depressive illness. She has also experienced it first-hand. For even while she was pursuing her career in academic medicine, she was affected by the same exhilarating highs and catastrophic depressions that afflicted many of her patients. An "Unquiet Mind" is a memoir of enormous candour, courage, wit and wisdom, which examines manic depression from the dual perspectives of the healer and the healed, revealing both its terrors and its cruel allure. First published fifteen years ago, it remains the definitive book on manic depression. "It stands alone in the literature of manic depression for its bravery, brilliance and beauty" (Oliver Sacks). "Affecting, honest, touching". (Will Self).

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