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periodically made me feel that my life was not worth living,
has created havoc in my family, and sometimes made the
work of teaching and writing seem impossible," writes David
Karp, "by some standards, I have been fortunate."

Speaking of Sadness: Depression, Disconnection, and the ...
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Meanings of Illness. Speaking of Sadness. : David Allen Karp.
Oxford University Press, 1997 - Medical - 240 pages. 0
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Karp. Description. Combining a scholar's care and
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series of intimate interviews with fifty depressed men and
women. By turns poignant, disturbing, mordantly funny, and
wise, Karp's interviews cause us to marvel at the courage of
depressed people in dealing with extraordinary and
debilitating pain. We hear what depression feels like, what
it means to receive an "official" clinical diagnosis, and what
depressed persons think of the battalion of mental health
experts--doctors, nurses, social workers, sociologists,
psychologists, and therapists--employed to help them.
Ranging in age from their early twenties to their mid-sixties,
the people Karp profiles reflect on their working lives, career
aspirations, and intimate relationships, and confide strategies
for overcoming paralyzing episodes of hopelessness.
Throughout, Karp probes the myriad ways society
contributes to widespread alienation and emotional
exhaustion. In a new and extensive introduction since the
original publication of Speaking of Sadness twenty years ago,
Karp evaluates the state of and social movements for the

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depression experience. He traces his personal depression journey along with the reception of his readers since the book's original publication. In addition, he offers a clear perspective on the consequences of wholesale medicalization permeating cultural treatment of depression, and calls for a movement to listen to and to voice the experiences of the marginalized. Speaking of Sadness remains distinctive in its dedication to recounting stories and discovering clear patterns in them. Karp pierces through the terrifying isolation of depression to uncover the connections linking the depressed as they undertake their personal journeys through this very private hell. This book will bring new understanding to professionals seeking to see the world as their clients do, and provide vivid insights and renewed empathy to anyone who cares for someone living with the cruel unpredictability of depression.

"Speaking of Sadness, based on fifty in-depth interviews, provides first-hand accounts of the depression experience while discovering clear regularities in the ways that personal identities are shaped over the course of an "illness career." The new edition of the book is highlighted by a thoroughly new and extensive introduction"--

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new and extensive introduction"--

One of sociology's most important missions is giving voice to those whose experiences are typically otherwise blunted, marginalized, or simply ignored. Featuring memorable, first-person accounts of mentally ill individuals, *Voices from the Inside: Readings on the Experiences of Mental Illness* allows students to connect directly with real-life "experts" who know mental illness all too intimately. This unique anthology addresses a variety of central topics surrounding mental illness, including suicide, hospitalization, the meanings of medication, the experiences of caregivers, and the stigma attached to mental illness. Each section of readings opens with a "sensitizing" introduction that outlines key questions, specific matters for student consideration, and ways in which social scientists approach relevant substantive issues. The thought-provoking discussion questions following each set of readings are designed to foster vibrant class discussion. Comprehensive enough to be used throughout a course--but brief enough to be combined with other supplementary materials or a full-scale textbook--*Voices from the Inside* is ideal for upper-level undergraduate or graduate courses on the sociology of mental health and illness. It can also be used in courses in medical sociology, social work and mental health, nursing and mental health, and abnormal psychology.

This intimate journey through long-term depression is by turns tender, funny, poignant, and uplifting. Swados' charming words and frenzied drawings bring home the experience of severe depression, from the black cloud forming on the horizon to feelings of self-loathing and loss of self-confidence; from contemplating suicide, which Swados describes as wandering off into the Sahara desert (discounting the buzzards and the scorpions), to actively

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Meaning Of Illness
seeking out methods for fighting depression—including psychics, diet, and repression therapy—to experimenting with antidepressants that make you snippy, sleepy, or judgmental. My Depression is an engaging and heartening memoir of an illness that has been stigmatized for too long and on how it is possible to survive, one little challenge at a time, with medication and the occasional tasty, messy slice of pizza; with dancing to a boombox on the street and thanking the mailman for the newest catalogue, then proceeding to read it cover to cover!

Describes how chronic illness affects one's self-image, friends, and family, shares the experiences of people with serious chronic illnesses, and shows how they find the strength to carry on

In this book, David Karp explores the relationship between pills and personhood by listening to a group of experts who rarely get the chance to speak on the matter--those who are taking the medications. Through their honest and vivid stories, this book provides unflinching portraits of people attempting to make sense of a process far more complex and mysterious than doctors or pharmaceutical companies generally admit.

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-

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changer! DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Fascinating patient stories and dynamic exercises help you connect to healing emotions, ease anxiety and depression, and discover your authentic self. Sara suffered a debilitating fear of asserting herself. Spencer experienced crippling social anxiety. Bonnie was shut down, disconnected from her feelings. These patients all came to psychotherapist Hilary Jacobs Hendel seeking treatment for depression, but in fact none of them were chemically depressed. Rather, Jacobs Hendel found that they 'd all experienced traumas in their youth that caused them to put up emotional defenses that masqueraded as symptoms of depression. Jacobs Hendel led these patients and others toward lives newly capable of joy and fulfillment through an empathic and effective therapeutic approach that draws on the latest science about the healing power of our emotions. Whereas conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, PhD, teaches us to identify the defenses and inhibitory emotions (shame, guilt, and anxiety) that block core emotions (anger, sadness, fear, disgust, joy, excitement, and sexual excitement). Fully experiencing core emotions allows us to enter an openhearted state where we are calm, curious, connected,

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compassionate, confident, courageous, and clear. In *It's Not Always Depression*, Jacobs Hendel shares a unique and pragmatic tool called the Change Triangle—a guide to carry you from a place of disconnection back to your true self. In these pages, she teaches lay readers and helping professionals alike

- why all emotions—even the most painful—have value.
- how to identify emotions and the defenses we put up against them.
- how to get to the root of anxiety—the most common mental illness of our time.
- how to have compassion for the child you were and the adult you are.

Jacobs Hendel provides navigational tools, body and thought exercises, candid personal anecdotes, and profound insights gleaned from her patients' remarkable breakthroughs. She shows us how to work the Change Triangle in our everyday lives and chart a deeply personal, powerful, and hopeful course to psychological well-being and emotional engagement.

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