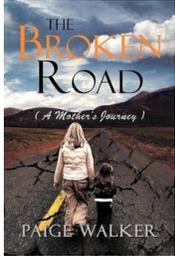


Biographical True Stories (BT); Biographical Fiction (BF); Collections Survivor Stories (Css)

The Broken Road- A Mother's Journey.(NZ)

PAR/BT



By Paige Walker - Sexual abuse is undoubtedly every mother's worst nightmare and mothers need support and healing too.

Three years ago I found out that my daughter then only 8 years old had been sexually abused by my best friend's husband.

THE BROKEN ROAD by Paige Walker is a moving story of a mother's strength and courage as she dealt with the betrayal, anger and trauma from the sexual abuse of her daughter at the hands of her best friend's husband. It moves through the emotional journey of her need to seek revenge and justice but instead found acceptance and forgiveness of her daughter's perpetrator.

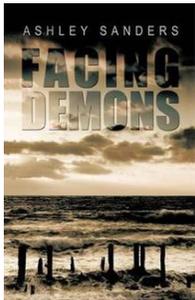
As a survivor (MOTHER) I decided to write a book of my experience as I felt it was important that the trauma, pain and suffering mothers go through is validated and given a voice.

My book The Broken Road is I believe is the first documented account written in New Zealand from a mother's perspective for mothers, it details the affect CSA had on me, but it is also designed as a self help/tool for new parents trying to find their way through this ordeal as I did. It includes a detailed list of organisations affiliated with child sexual abuse for easy access and help.

My passion is to highlight the traumatic affects of abuse and help break the silence on Child Sexual Abuse as it is rapidly becoming a worldwide epidemic and it needs to be addressed especially here in New Zealand.

Facing Demons

BF -T/Adult



Amidst the darkness of turmoil, there is hope.

The first person views of each of the four main characters - Felicity, Jason, Matthew and Rebecca - gives vital insight into their developing minds and conflicting ideals. One by one they are each able to tell their heart-wrenching stories of lives tainted by drugs, alcohol, self-harm, abuse, gangs, child prostitution and homelessness. Reaching beyond the depths of despair, where all hope seems lost, the four teenagers attempt to find ways to face their demons.

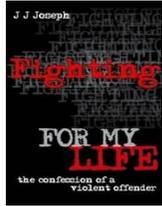
Ashley: "I wanted to show that no matter what problems you are faced with in life, there is always a way through it. By having four main characters with completely diverse histories, I am able to show each of their thoughts about one another and themselves and how it evolves as they begin to make progress. I think it's important to have more than one character for readers to feel they aren't alone in their struggles—that there are others out there in situations similar to themselves who may be able to help them.

My inspiration for this serious subject comes from my work as a paramedic and the teenagers I often meet. It can be a very confronting thing seeing and hearing the stories of these young people, who are often just seeking a bit of help and support. I felt it necessary to give these kids a voice, and I hope to do so in "Facing Demons."

I hope readers of "Facing Demons" will find invaluable insight into the lives of those who are perhaps less fortunate, and help to spark some inspiration for doing good to others. I hope readers who are themselves facing tough journeys will also find inspiration in taking steps to seeking appropriate means of assistance.

By [Ashley Sanders](#): [Trafford Publishing](#): 15+ years

Fighting for My Life: the Confession of a Violent Offender (NZ)



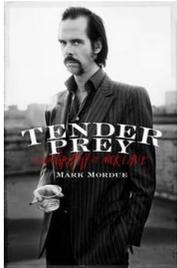
By [J. J. Joseph](#)
MIKES

Fighting For My Life is the story of one man's long and difficult journey to reach the place in which he now stands, a place from which he can see the impact of his past behaviour, understand some of the reasons for it and challenge himself to move forward. In 2006 J J Joseph was convicted of a violent assault on his wife. His subsequent detention meant there was a very real possibility that he might never be reunited with her and might not see his children again. Full of remorse, Joseph accepted his punishment, worked through the counselling and anger management courses he was required to complete, and fought to see his family again. During this period he took a good hard look at his life: at his violent upbringing dominated by a father whose fists were his first resort, at his hostile relationship with his mother (also a victim of violence), at the heartbreaking suicide of his younger brother, at his father's shocking murder, at his drug abuse and womanising.

He was forced to see what other people saw: a frightening and violent man whose actions were unpredictable. It was then that he understood, for the first time, what his wife had to put up with and why she was sometimes reticent and withdrawn. Finally it was his love for her and his devotion to his children that pulled him through. Drug- and alcohol-free for over a year now, and determined to change his life, Joseph has now been accepted back into the heart of his family. In *Fighting for my Life*, Joseph talks openly about his family background and life experiences, and is unusually honest in describing his feelings. This book played a major part in bringing his wife and his mother back to him again, when they read and grasped the truth about Joseph.

Tender Prey

A Biography of Nick Cave



By [Mark Mordue](#)

Major biography of modern rock icon, written with Nick Cave's input.

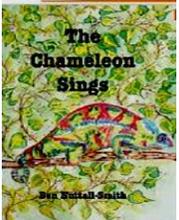
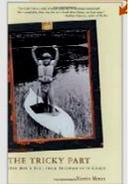
Nick Cave has spent over three decades living on the artistic edge, building up a sizable following, but never compromising his vision. His global wanderings have taken in Melbourne, London, Berlin, Sao Paulo, New York, and, currently, Brighton. He now has a major body of work behind him -- some 20 albums, two novels, films scores and an acting career. From his strung-out Birthday Party days in London and Berlin in the early 1980s, battling heroin addiction and overcoming the premature death of his father; through his artistic and personal relationships with the likes of PJ Harvey and Kylie Minogue, and, finally, the redemptive turns of marriage, family life and sobriety, Cave has emerged with his creativity undiminished and his reputation growing in acclaim. *TENDER PREY*, Mark Mordue's doorstep of a biography, leaves no stone unturned. Having interviewed Cave extensively as well as his close colleagues, Mordue balances this rare insight with an independent, critical spirit. In Mordue's words the book tells 'the story of a man on the run from himself and his demons, and how he has documented that journey in song; a movement through hell and high water with one of the world's greatest musical artists'.

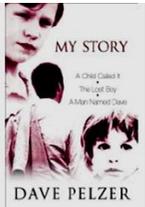
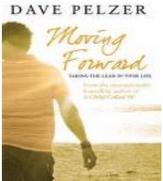
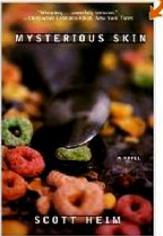
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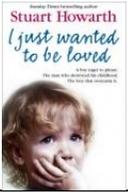
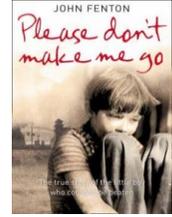
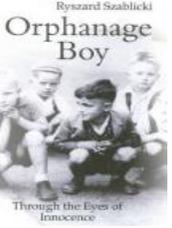
[Orion \(an Imprint of The Orion Publishing Group Ltd \)](#)

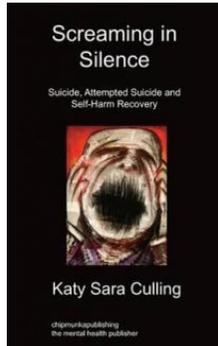
Age Range:

[15+ years](#)

<p><u>The Chameleon Sings</u> (Trafford Publishing Author: Ben Nuttall-Smith Publisher: Trafford Publishing (June 30, 2006)</p> 	<p style="text-align: right;">BT</p> <p><u>A biographical journey spanning 70 + years of Survival and Healing from childhood sexual abuse.</u> <i>"Nuttall-Smith tells his story simply, thoroughly, and straightforwardly and offers many useful insights. He manages to leaven the tragedy and pathos with humour. For the hope that this offers, I recommend his book to all men. I especially recommend it to members of men's groups who are labouring with issues of personal recovery and fellowship."</i> - David C. Manning Professional Counsellor(retired) and Leader of Men's Groups</p>
<p><u>The Tricky Part: One Boy's Fall from Trespass into Grace</u> by Martin Moran Publisher: Beacon Press (June 15, 2005)</p>  <p>Abuse by authority figure Staff of school Catholic Gay issues Shame Suicide Support group joining</p>	<p style="text-align: right;">BT</p> <p>To everyone else in the Denver neighborhood where he grew up in the '70s, Moran was a studious Catholic boy. No one knew he carried a secret that would fester for 30 years and lead to extreme anxiety, sexual compulsion and suicide attempts. At age 12 he met Bob, a church camp counselor in his 30s who, for several years, took Moran hiking and camping, and had sex with him. Moran painfully recounts the inner workings of a lonely, insecure adolescent who, out of a desperate need for friendship and acceptance, continued a sexual relationship with a man 20 years his senior. Feeling guilty and shameful regarding the affair and his homosexuality, Moran lived a life in which the erotic and the illicit fused, and compulsive sex became a means of self-punishment. Over the years, Moran, now a writer and actor, managed to glean bits of guidance and self-acceptance from his aunt, a contemplative nun; a New Age music teacher; friends; and eventually, recovery groups and therapy. Moran's Catholic-American gothic differs from other abuse/recovery/coming-out memoirs in that it examines a uniquely gay mind/body split as it subtly reflects on a gay man's spiritual quest for self-determination and love. "Moran, now 42, gives a compelling account of his seduction, at age 12, by a counselor at his Catholic church camp, and their ensuing three-year relationship. He describes his gradual addiction to the sex itself, with no love attached, which he still sees repeated in his brief liaisons in parks and restrooms, despite 15 years with his partner, Henry. He remembers enjoying the concealment from friends and parents of his involvement with Bob, 20 years his senior. He recounts how he descended from "the top of the Catholic heap" in junior high to thoughts of suicide when he felt that his deeds "stuck to [him] like a bad smell." Moran discovers acting, then joins a men's support group for survivors of sexual abuse, and is amazed at "how much energy it takes in the present to continually dismiss the past." His is a poignant and provocative memoir that delves behind the titillating headlines to reveal what's really at stake when children are sexually abused by authority figures."</p>
<p><u>A matter of time</u></p> <p>Nancy Rae</p> 	<p style="text-align: right;">BF.</p> <p>A male is sexually assaulted somewhere in the world every day. Whether he's a child, a teenager, or an adult, the victim suffers stigma, pain, and a deep longing to forget the cruelty inflicted upon him. He finds himself haunted by recurring memories, nightmares, even flashbacks triggered by events as trivial as a single sound. A Matter of Time is a fictional portrayal of a very real world in the shadows where one man tries to cope with feelings of shame and the devastating loss of self-esteem. Those finding their way out of the shadows are called "survivors." Fearful of rejection, afraid to show emotion, yet needing to open up to release the pain, the survivor's greatest need is for love, patience and kind words - from someone who will be there in the dark hours when memories come flashing back. Perhaps that 'someone' is you..</p>
<p><u>Fish a memoir</u></p>  <p>T J Parsell</p>	<p style="text-align: right;">BT</p> <p>A true and compelling story of prison rape through the life of the author T J Pasell. Arsell offers an unvarnished view of life in prison through the eyes of a teenager who must come to terms with all the ordinary teenage issues like identity, sexuality and self acceptance.</p>

<p><u>My Story: "A Child Called It", "The Lost Boy", "A Man Named Dave"</u></p>  <p>(Paperback) by Dave Pelzer (Author) , 2002</p>	<p style="text-align: right;">BT</p> <p>A CHILD CALLED 'IT': Dave Pelzer's story is of a child beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games that left one of her three sons nearly dead. No longer considered a son, or a boy, but an 'it', Dave had to learn how to play these games in order to survive. His bed was an old army cot in the basement and when he was allowed food it was scraps from the dogs' bowl. Throughout, Dave kept alive the dream of finding a family who would love and care for him. This is an inspirational look at the horrors of child abuse and the steadfast determination of one child to survive despite the odds. THE LOST BOY: The harrowing but ultimately uplifting true story of Dave's journey through the foster-care system in search of a family who will love him. A MAN NAMED DAVE: The gripping conclusion to this inspirational trilogy. With extraordinary generosity of spirit, Dave takes us on a journey into his past. At last he confronts his father and ultimately his mother. Finally, Dave finds the courage to break the chains of the past and learn to love, trust and live for the future.</p> <p>Childhood abuse and neglect "toxic parents" Own family father and mother betrayal Foster care Confronting Recovery breaking from past</p>
<p><u>Moving Forward Taking the Lead in Your Life</u> By Dave Pelzer Book and 1 Audio CD for meditation</p>  <p>17 June 2008</p>	<p style="text-align: right;">BT</p> <p><u>Moving Forward</u> is for anyone wanting to move forward and change their life, no matter what their past may have held. Dave Pelzer, author of the internationally bestselling memoirs <i>A Child Called It</i>, <i>The Lost Boy</i> and <i>A Man Called Dave</i>, teaches readers how to harness the strength of surviving past negative experiences and use that empowerment to live their lives according to their own values. Drawing on personal history as well as his experience helping others through his work speaking to private, public and military groups, his crisis hotline and his personal connections, Dave blends his gift for memoir-style storytelling with solid, actionable advice. <u>Moving Forward</u> is a book designed to show people how to lift themselves up, written by a man who has personally walked the path from horrific trauma, through healing, to a successful life. Now he is in a position to show others the way with his trademark wisdom, support and tough love. and 1 Audio CD for meditation</p>
<p><u>Mysterious Skin.</u> By Scott Heim, Scott New</p>  <p>York: HarperCollins, 1995.</p>	<p style="text-align: right;">BF</p> <p>Recommended. The story follows two young men - one gay, one asexual but presumably straight - who are linked by a shared history of having been abused by the same man. Scott does an excellent job of plausibly describing how different abuse can appear in its effects on survivors. "MYSTERIOUS SKIN has so many different characters, memorable quotes, and mind-boggling descriptions that I couldn't put it down. I'm not going to go into the full story, but the book is fantastic. Basically, it's about two boys that share a common bond, though neither of them know it in the beginning of the story. As the book advances, both characters (Brian Lackey and Neil McCormack) start to come to terms with an event that took place during the summer of 1981.</p> <p>There are a few parts of the book that are extremely graphic, some pages were hard to read without putting the book down and trying to clear my mind. My short description does NOT do the book justice."</p>

<p><u>I Just Wanted to be Loved : A Boy Eager to Please. The Man Who Destroyed His Childhood. The Love That Overcame it.</u></p>  <p>By Stuart Howarth February 2009</p>	<p>The author of the bestselling Please Daddy No reveals more harrowing experiences of his neglected childhood. Having survived the terrible abuse at the hands of his stepfather, Stuart has to reach within himself again to live through the degradation of prison. He is released back into the world without any support or counselling from the authorities. The child abuse and numerous court cases had almost destroyed him, and Stuart became reliant on drugs and alcohol. With his life spiralling out of control, Stuart attempts suicide a number of times. The last try leaving the doctors that resuscitated him incredulous he had survived. At the point of no-return, Stuart was sent to an hospital in the Scottish highlands to fight the demons that assailed him and rebuild his life. This is the remarkable story of his fight to be his own man.</p>
<p>The Lost Boy: Tim Morgan's story (NZ)</p>	<p>- Morgan</p> <p>Tim one of our Mssat friends writes his life story</p>
<p> <u>Please Don't Make Me Go</u></p> <p>How One Boy's Courage Overcame a Brutal Childhood</p> <p>By John Fenton 2008</p>	<p>The harrowing true story of one boy's experiences in a brutal 'approved' school for young offenders in '50s London, run by Catholic monks where violence and abuse were rife. Beaten from an early age by his abusive, father, John struggled to fit in at school where his poverty marked him out. When, aged 13, his father brought a charge against him in order to remove him from the family home, John found himself in Juvenile Court - from here he was sent to the notorious St. Vincent's school, run by a group of Catholic Irish Brothers. Beatings and abuse were a part of daily life -- both from John's fellow pupils, but also from the brothers, all of which was overseen by the sadistic headmaster, Brother De Montfort. Tormented physically and sexually by one boy in particular, and by the Brothers in general, John quickly learnt to survive but at the cost of the loss of his childhood. Please don't make me go, tells in heart-rending detail the day-to-day lives of John and the other A painfully, brutally honest account, Please don't make me go is also an example of the resilience of the human spirit as it documents how John learnt to survive and come through his ordeal.</p>
<p> <u>Orphanage Boy: Through the Eyes of Innocence</u> By Ryszard Szablicki 2010</p>	<p>Orphanage Boy is told through the eyes of young Ryszard, of his confusions and trials of life in various institutions: naive, innocent and totally overwhelmed by the indifference and corruption of a system that he neither understood nor fitted into. At birth, Ryszard Szablicki was placed in an orphanage in Melbourne by his mother, who refused to give him up for adoption, despite being strongly advised that this was in the child's best interests. The young narrator is consigned to the oblivion of these institutions until, at the age of ten, his parents, without explanation, collect him and bring him into the family. Orphanage Boy is a beautifully told story; a tender, yet heart-wrenching window into a world we seldom see. It is a window that Ryszard throws wide open to let the light in.</p>
<p> <u>I Had a Black Dog</u> By Matthew Johnstone May 2007</p>	<p>Dealing with Depression- There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.</p>



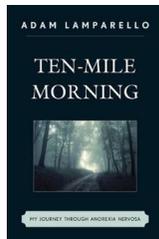
Suicide, Attempted Suicide and Self-Harm Recovery

By [Katy Sara Culling](#)

A serious pro-survival, pro-recovery book, written because I have been the survivor of many suicide attempts, not to forget also the person left behind after actual suicides, and the victim of serious self-harm in myself and those I love. I haven't attempted suicide or self-harmed for 8 years and I don't plan to do so again, but I always have my plan to hand. Starting at the age of 11, I have attempted suicide 443 times (sometimes barely surviving, twice dying, only to be revived) and for fifteen years I was a person who self-harmed - cutting and bloodletting, sometimes as self-harm, sometimes as a suicide attempt. The two are definitely linked but not all self-harm is suicidal, not all suicide attempts are meant to kill, and sadly about one million people kill themselves every year, not all of them meaning to. As I have also been the victim left behind when someone I loved took their own life, I really can see the issue from all perspectives. Allow me to fill you in on my personal experience first of all, so you know you are 'talking' to someone who really has been there before herself. Pull up a chair, or sit back in bed, and we will talk.

Publisher: [Chipmunkpublishing](#)

Age Range: [15+ years](#)



Ten-Mile Morning

BT/BM/Ad

My Journey Through Anorexia Nervosa By [Adam Lamparello](#)

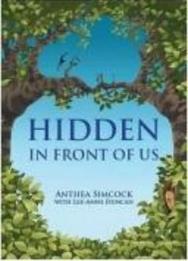
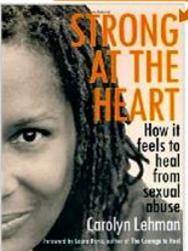
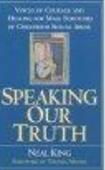
Ten-Mile Morning is a true story about a man's battle to overcome his five-year struggle with anorexia nervosa. Written from a painfully honest perspective, Adam Lamparello discusses his past addictions, depression, anxiety, and the emptiness that arose from his lack of self-esteem. This moving memoir details the author's struggle to gain a sense of control and empowerment through dramatic weight loss, starvation, compulsive exercise, and purging. Ultimately, however, this is a story of hope and recovery. Ten-Mile Morning was written to inspire you and affirm that life after eating disorders is one of self-acceptance, self-respect, and most of all, one where you can achieve your dreams.

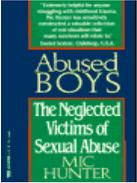
Table of Contents Preface Introduction Chapter 1: The Early Years: A Bridge over Troubled Water Chapter 2: It Takes a Village Chapter 3: High School and My First Relationship - Welcome to My World Chapter 4: The College Years: Suspicious Minds Chapter 5: The Law School Years: Trapped in a World that's Troubled with Pain Chapter 6: The Law Firm Years: You Can't Shut Out the Truth Chapter 7: The Second Affair with a Married Woman: Reason Can't Stand in for Feeling Chapter 8: The End of the Affair: The Shame and Hurt Chapter 9: The Beginning of Anorexia: I Will Ease Your Mind Chapter 10: Anorexia and the New Doctor: The Joy is Over Chapter 11: Exercise: I Can't Help but Love You Chapter 12: The Commitment to Anorexia: The Child Needs a Helping Hand Chapter 13: Thinner and Thinner Chapter 14: The Struggle for Control: Something Beautiful is Dying Chapter 15: Official Anorexia: Adversity is Hard upon a Man Chapter 16: 123 Pounds: Too Late to Realize My Mistake Chapter 17: The Beginning of the Recovery: Going our Separate Ways Chapter 18: Fighting the Battle: We Can't Go On Together Chapter 19: Life Lessons: Having the Strength to Dream Epilogue

Publisher: [University Press of America](#)

Age Range: [15+ years](#)

Collections of Survivors' stories (Css)

<p><u>Hidden in front of Us</u></p>  <p>By Anthea Simcock, Lee-Anne Duncan</p> <p>(NZ), July 2010</p>	<p style="text-align: right;">CSS</p> <p>"I thought that little boy was just being naughty ..." "I had a feeling that child wasn't quite right ..." "I knew something was wrong, but I didn't know who to tell ..." Whenever a child is harmed at the hands of an adult - commonly their parent or caregiver - there is almost always another adult saying, "I new that child was in trouble." Perhaps they didn't want to "stick their nose in"; perhaps they didn't want to get into trouble; perhaps they didn't know how to help. In many cases they weren't really sure that child needed their help. Hidden In Front of Us features the stories of 24 adults who share their experiences of being those children - children who so desperately needed an adult to stand up for them. They also share their ideas about what could have been done to help. Their stories are woven through Anthea's insights into working with not only children at risk, but also from her life's work as someone who leads the way in teaching others who also work with these children. She exposes what really lies behind the eyes of countless children who are not always easily identified as being abused, and how we can tell what really are warning signs for adults to pick up on. While the contents may at times shock the reader, it will enlighten them to the reality of what is hidden in front of us. It will also show that these once abused children are far from victims - they are survivors.</p>
<p><u>Strong at the Heart: How It Feels to Heal from Sexual Abuse (Hardcover)</u></p>  <p>by Carolyn Lehman (Author), Publisher: Farrar, Straus and Giroux.1st ed: 2005</p>	<p style="text-align: right;">Css/Y Teens –Young Adults</p> <p>Primarily about the experience of healing and recovery, Heart gathers 11 personal stories by young men and women who experienced rape, molestation, or incest and found healing through speaking out about their abuse. Lehman, a child-sexual-abuse survivor herself, emphasizes the importance of consciously choosing to tell what happened and meeting with others who have had similar experiences, and shows the wide variety of ways to express feelings and find community. Clearly and candidly written, the narratives recounted here include sufficient details of abuse to be authentic, but never titillating. The clear message to other victims is that they are not alone and that recovery is possible. An attractive, accessible format and black-and-white portraits throughout personalize the presentation.</p>
<p><u>Speaking Our Truth: Voices of Courage and Healing for Male Survivors of Childhood Sexual Abuse</u></p>  <p>by Neal King Perennial; 1st edition (January 1995)</p>	<p style="text-align: right;">CSS</p> <p>In these deeply moving and inspiring accounts, male survivors of childhood sexual abuse share the stories of their experiences and provide other male survivors with an invaluable source of hope, recognition and healing.</p>

<p><u>Voices of Courage</u></p> <p>Author: Michael Domitrz Publisher: Awareness Publications (April 2005)</p>  <p>Edited by Michael Domitrz</p>	<p style="text-align: right;">CSS</p> <p>From tragedy to triumph, inspiring lessons unfold in this one-of-a-kind book by twelve survivors of sexual assault. An eye-opening journal of personal growth and recover, "Voices of Courage" will forever change your perspective on life after a sexual assault!</p> <p>"Voices of Courage is an inspirational account of the trials and triumphs of twelve sexual assault survivors. In this volume, survivors are given their own unique "voice" through which to share their story. This "voice" is wholly authentic and personal, speaking through poetry, journal entries, and brutally honest narrative. These stories capture the attention with their humanity, honesty, and vulnerability and inspire with their strength, resolve, and healing."</p>
<p><u>Abused Boys: The Neglected Victims of Sexual Abuse</u></p> <p>By Mic Hunter Edition: reprint, illustrated Published by Fawcett Columbine, 1991</p> 	<p style="text-align: right;">GC/Css</p> <p>An excellent self help book, with a series of survivor stories. Includes questions at the end of each chapter helping the reader relate the content to his own experience.</p> <p>offender mentality, many sexual abuse victims, sadness stage, Twelve Steps, Sex Addicts Anonymous, David Finkelhor."A long overdue book by a psychologist who has extensive clinical experience treating male victims of child sexual abuse, it explodes the myth that sexual abuse of male children is rare, or that the consequences are less serious than for girls. Hunter examines the physical and emotional impact of abuse on its victims and the factors affecting recovery. With personal case histories of victims and their families, this is a powerfully written and meticulously researched book that is a landmark in the field of child sexual abuse literature."</p>

Welcome to the Jungle:

BM/BT/SH

Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask



[Hilary Smith](#) Going bravely where no other bipolar book has gone before, here Hilary Smith offers devastatingly on-target, honest--and riotously funny--insights into living with bipolar and answers some of the hardest questions facing her fellow bipolaristas: Can anything ever be the same again? Am I still *me* if I take mind-altering meds? Can other people tell I have bipolar? Can I get this thing removed?

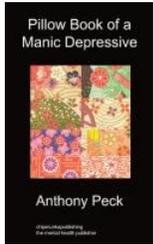
Bipolar is one of the most commonly diagnosed psychiatric conditions among teens and twenty-somethings--yet there are very few books out there written specifically for teens and twenty-somethings experiencing mental illness for the first time.

Welcome to the Jungle (Conari Press, May 2010) fills that gap with its upfront, empowering approach to the challenges of being diagnosed with bipolar. Both humorous and immensely honest, it offers a true "in the trenches" perspective readers will trust.

With chapters ranging from *What Just Happened?: Life Beyond The Diagnosis* to *Here Be Downers: Drugs, Booze, and Suicide* to *Hippy Shit That Actually Works: Herbs, Wilderness Time, and Other Ways to Help Keep Your Shit Together* to *Hell is Finding Good Insurance: How to Get Your Ass Covered in Troubled Times*, Smith brings bipolar self help to the street level.

Pillow book of a Manic Depressive

BM/BT/SH



By Anthony Peck

'Pillow book of a Manic Depressive' follows the style of medieval Japanese writers, who would keep a record of courtly life through their daily impressions, which they would then keep under their pillows. Taking a modern approach, the 'Pillow book' follows the impressions of the author in the year following an extreme manic episode, which saw him leap four floors and only barely survive. While his body repaired he was forced to slow down, take-in all that was immediately around him, and come to a place of peace and gratitude.

Unknowingly using the technique of Mindfulness, he was able to reflect on all the many facets of his life, and life in general. Written in a very simple way, each impression invites the reader to slow down and examine his or her own thoughts. While as a whole, the collection is a story of survival and recovery - as the author's momentum towards good health becomes increasingly, if subtly, apparent.

From the stain left on a page by a bookmark, to the author's catastrophic manic leap, to an old radio - the breadth of recollection is vast. And time to time, sprinkled throughout the book, are lists - of things you can break, things you can't hide, things that you do but don't know if they work - which pause to make you think what you as a reader might add or subtract. And to capture some of the deepest emotions, poetry is used.

There is also humour, and lots of it. Life is many things, and to someone suffering a mental illness, the comfort of laughter is one of the richest. This is not slapstick, but the warm recognition of truth, and the joy of a new perspective on old troubles.

Ultimately 'Pillow book of a Manic Depressive' is a window into one person's recovery and mind. But it also attempts to open hope to all through its portrayal of the human spirit.