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# My Schizophrenic Life The Road To Recovery From Me

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The Insanity Offense: How America's Failure to Treat the Seriously Mentally Ill Endangers Its Citizens

Chop Shtick

Hidden Valley Road

Tastes Like War

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Mind You the Realities of Mental Illness: A Compilation of Articles from the Blog Mind You

Welcome, Silence

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My Schizophrenic Life

Me, Myself, and Them

Life Is But a Dream

A Schizophrenic, Tapped & Skipped

My Mysterious Son

Mind Estranged

What a Life Can Be

The Complete Family Guide to Schizophrenia

No One Cares About Crazy People

David's Adventure with Schizophrenia

Circles Around the Sun

Stalking Irish Madness

Growing Up with a Schizophrenic Mother

The Ghost Garden  
Psychiatric Tales

*My Schizophrenic Life The Road To  
Recovery From Me*

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## LONG KENZIE

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The Insanity Offense: How America's Failure to Treat the Seriously Mentally Ill Endangers Its Citizens Bridgeross Communications  
When readers first meet Ben, he is a sweet, intelligent, seemingly well-adjusted youngster. Fast forward to his teenage years, though, and Ben's life has spun out of control. Ben is swept along by an illness over which he has no control—one that results in runaway episodes, periods of homelessness, seven psychotic breaks, seven hospitalizations, and finally a diagnosis and treatment plan that begins to work. Schizophrenia strikes an estimated one in a hundred people worldwide by some estimates, and yet understanding of the illness is lacking. Through Ben's experiences, and those of his mother and sister, who supported Ben through every stage of his illness and treatment, readers gain a better understanding of schizophrenia, as well as mental illness in general, and the way it affects individuals and families. Here, Kaye encourages families to stay together and find strength while accepting the reality of a loved one's illness; she illustrates, through her experiences as Ben's mother, the delicate balance between letting go and staying involved. She honors the courage of anyone who suffers with mental illness and is trying to improve his life and participate in his own recovery. Ben Behind His Voices also reminds professionals in the psychiatric field that every patient who comes through their doors has a life, one that he has lost through no fault of his own. It shows what goes right when professionals treat the family as part of the recovery process and help them find support, education, and acceptance. And it reminds readers that those who suffer from mental illness, and their families, deserve respect, concern, and dignity.

**Chop Shtick** Writenowbooks LLC

Finalist for the 2021 National Book Award for Nonfiction Winner of the 2022 Asian/Pacific American Award in Literature A TIME and NPR Best Book of the Year in 2021 This evocative memoir of food and family history is "somehow both mouthwatering and heartbreaking... [and] a potent personal history" (Shelf

Awareness). Grace M. Cho grew up as the daughter of a white American merchant marine and the Korean bar hostess he met abroad. They were one of few immigrants in a xenophobic small town during the Cold War, where identity was politicized by everyday details—language, cultural references, memories, and food. When Grace was fifteen, her dynamic mother experienced the onset of schizophrenia, a condition that would continue and evolve for the rest of her life. Part food memoir, part sociological investigation, *Tastes Like War* is a hybrid text about a daughter's search through intimate and global history for the roots of her mother's schizophrenia. In her mother's final years, Grace learned to cook dishes from her parent's childhood in order to invite the past into the present, and to hold space for her mother's multiple voices at the table. And through careful listening over these shared meals, Grace discovered not only the things that broke the brilliant, complicated woman who raised her—but also the things that kept her alive. "An exquisite commemoration and a potent reclamation." —Booklist (starred review) "A wrenching, powerful account of the long-term effects of the immigrant experience." —Kirkus Reviews

*Hidden Valley Road* Bridgeross Communications

When Oliver Sacks was twelve years old, a perceptive schoolmaster wrote in his report: "Sacks will go far, if he does not go too far." It is now abundantly clear that Sacks has never stopped going. From its opening pages on his youthful obsession with motorcycles and speed, *On the Move* is infused with his restless energy. As he recounts his experiences as a young neurologist in the early 1960s, first in California, where he struggled with drug addiction, and then in New York, where he discovered a long-forgotten illness in the back wards of a chronic hospital, we see how his engagement with patients comes to define his life. With unbridled honesty and humor, Sacks shows us that the same energy that drives his physical passions—weight lifting and swimming—also drives his cerebral passions. He writes about his love affairs, both romantic and intellectual; his guilt over leaving his family to come to America; his bond with his schizophrenic brother; and the writers and scientists—Thom Gunn, A. R. Luria, W. H. Auden, Gerald M. Edelman, Francis

Crick—who influenced him. *On the Move* is the story of a brilliantly unconventional physician and writer—and of the man who has illuminated the many ways that the brain makes us human.

**Tastes Like War** Basic Books (AZ)

Will the person you love ever get better? Chances are you've grappled with the question. With care and support from their families, people with schizophrenia can and do make vast improvements. Noted therapists Kim Mueser and Susan Gingerich deepen your understanding of the illness and cover a wide range of effective treatments. Based on decades of research and experience, they offer pragmatic suggestions for dealing with depression, psychosis, and other symptoms. They show you how to prioritize needs, resolve everyday problems, and encourage your loved one to set life goals. Plus, individual sections highlight special issues for parents, children, siblings, and partners. Whether you're facing schizophrenia for the first time or you've dealt with its impact for years, you'll discover innovative ways to handle challenges that arise over the course of treatment, from reducing the chances of relapse to making friends and finding work. Recovery isn't an endpoint--it's a lifelong journey. With love, hope, and realistic optimism, striving for it can lead to a richer, more rewarding life for your entire family. Winner, NAMI/Ken Book Award

**A Road Back from Schizophrenia** Feminist Press at CUNY

"A compelling act of connection, leavened with humour, clear-eyed yet packed with hope." —Ann-Marie MacDonald A rare work of narrative non-fiction that illuminates a world most of us try not to see: the daily lives of the severely mentally ill, who are medicated, marginalized, locked away and shunned. Susan Doherty's groundbreaking book brings us a population of lost souls, ill-served by society, feared, shunted from locked wards to rooming houses to the streets to jail and back again. For the past 10 years, many who have cycled in and out of the locked wards of the Douglas Institute in Montreal found a friend in Susan, who volunteers on the wards and then accompanies her friends out into the world. With their full cooperation, she brings us intimate stories that challenge our views of people with mental illness.

Through "Caroline Evans," a woman in her early sixties whom Susan has known since she was a bright, sunny school girl, we experience living with schizophrenia, such as when Caroline was convinced she could save her roommate from the devil by pouring boiling water into her ear... She has been through it all, including having to navigate an indifferent justice system that is incapable of serving the severely ill. Susan interleaves Caroline's story with vignettes about her other friends—stories that reveal their hopes, circumstances, personalities, humanity. Susan found that if she can hang in through the first 10-15 minutes of every coffee date with someone in the grip of psychosis, true communication results. Their "madness" is not otherworldly: instead it tells us something about how they're surviving their lives and what they've been through. *The Ghost Garden* carries a cargo of compassion and empathy that motivates us to re-examine our understanding of justice, society and humanity.

*The Protest Psychosis* Vintage

The insidious symptoms of schizophrenia quietly transformed Karen's devoted and intelligent daughter Bethany into a despondent, dirty, homeless stranger, living on the streets of a West Coast city. After dropping out of college and refusing all contact with family and friends, her daughter pursued an obsession to travel alone to three continents in an effort to help alleviate worldwide human suffering and poverty. Throughout an agonizing five year period of estrangement, not realizing her daughter's personality changes were the direct result of emerging schizophrenia, there were times when Karen did not know if her daughter was dead or alive. One day Karen and her husband were notified by police that Bethany was being held on a 72-hour psychiatric hold in a hospital emergency room two thousand miles away. Little did they know that the reunion with their daughter would plunge all three of them into an even broader dimension of suffering generated by Bethany's severe illness and her awakened desire to reclaim her life. Despite overwhelming odds, Bethany made a complete recovery from schizophrenia. Seen through Karen's eyes, and with raw honesty, she brings the reader directly into her own world of confusion and heartbreak. She offers an intimate perspective on the agony families endure while watching mental illness assault the mind of a loved one, and navigating the frustrating obstacle course of the mental health system. "Karen's book is an inspiring message for all families,

parents and their adult children. It is an amazing story of determination and persistence, fueled by parental love for a daughter who vanished from their lives. Mental health professionals such as counselors, social workers, psychologists, nurses, psychiatrists and all their trainees would find the emotional roller coaster of Karen's experiences as a vivid example of what parents of their patients go through," writes Henry A. Nasrallah, M.D., Professor and Chairman of the Department of Neurology and Psychiatry, Saint Louis University School of Medicine. *Flight from Reason* is the companion book to *Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery*, by Bethany Yeiser. *Mind Estranged* parallels the timeline of *Flight from Reason*.

**The Quiet Room** AuthorHouse

A gripping memoir that challenges our perceptions and understanding of schizophrenia.

*Surviving Schizophrenia* CreateSpace

New York Times-bestselling author Ron Powers offers a searching, richly researched narrative of the social history of mental illness in America paired with the deeply personal story of his two sons' battles with schizophrenia. From the centuries of torture of "lunatics" at Bedlam Asylum to the infamous eugenics era to the follies of the anti-psychiatry movement to the current landscape in which too many families struggle alone to manage afflicted love ones, Powers limns our fears and myths about mental illness and the fractured public policies that have resulted. Braided with that history is the moving story of Powers's beloved son Kevin -- spirited, endearing, and gifted -- who triumphed even while suffering from schizophrenia until finally he did not, and the story of his courageous surviving son Dean, who is also schizophrenic. A blend of history, biography, memoir, and current affairs ending with a consideration of where we might go from here, this is a thought-provoking look at a dreaded illness that has long been misunderstood. "Extraordinary and courageous . . . No doubt if everyone were to read this book, the world would change." -- New York Times Book Review

*A Room with a Darker View* Skyhorse Publishing Inc.

Abby Abernathy is re-inventing herself as the good girl as she begins her freshman year at college, which is why she must resist lean, cut, and tattooed Travis Maddox, a classic bad boy.

**A Kind of Miraculous Paradise** Simon and Schuster

"Vital for all working in the mental health field . . . Fascinating reading for anyone." —Choice E. Fuller Torrey, the author of the definitive guides to schizophrenia and manic depression, chronicles a disastrous swing in the balance of civil rights that has resulted in numerous violent episodes and left a vulnerable population of mentally ill people homeless and victimized. Interweaving in-depth accounts of landmark cases in California, Wisconsin, and North Carolina with a history of legislation and changes in the mental health care system, Torrey gives shape to the magnitude of our failure and outlines what needs to be done to reverse this ongoing—and accelerating—disaster. A new epilogue on the 2011 shooting in Tucson, Arizona, brings this tragic story up to date.

*Made You Up* Harper Collins

Left of the Dial is a ringside seat to going mad. Christina Bruni refused to let schizophrenia defeat her. Not a superstar, just an ordinary person, Bruni pierces through the mental illness hell with humor. This is a must-read account of what happens when psychiatry gets it right. Christina's title is taken from her days as a college DJ, and it is her belief that her fiercely independent and creative life would not end with the diagnosis that drives her. From breakdown through recovery and relapse, Christina shares her never easy but inspiring progress to wellness. Now in remission over 20 years, Christina became a mental health activist whose signature story offers great hope that getting the right treatment right away results in a better outcome. Her upbeat message will inspire anyone who's ever been told they will never have a career, never live on their own, never achieve their pre-illness dreams. "Yes you can" is her motto.

*Flight from Reason* Simon and Schuster

An author attempts to uncover who her older brother was before schizophrenia took hold of him in this "clear-eyed and heartbreaking" memoir (Publishers Weekly). Molly McClosky's brother Mike was fourteen when she was born. So far apart in age, she barely knew him before schizophrenia took hold of him at the age of twenty-three. Within a few years, Mike's world began to fall apart. By the time Molly was old enough to begin to know him, Mike was heavily medicated and frequently delusional, living in hospitals or care homes or on the road. Years later, through reading an astonishing archive of letters preserved by her mother and grandmother, and interviewing old friends of

Mike's, Molly began to piece together a picture of her brother's life, before and after the illness struck—the story of how a gifted and well-liked student and athlete was overtaken by a terrible illness that rendered him unrecognizable. Now she tells that story, which is also the story of her own demons and of the ways in which a seemingly perfect family can slowly fall apart, and in the end, regroup.

*On the Move* Beacon Press

MIND ESTRANGED tells the story of Bethany's life, from her years as a promising university student through her gradual descent into schizophrenia, and unexpected, full recovery. While slowly losing her sanity, she traveled the world. She returned to the U.S. unable to work or study, and soon found herself homeless, delusional, and controlled by voices that talked to her and gave her orders in her mind. Bethany's memoir enables the reader to enter into the mind of a person with schizophrenia, homeless and roaming the streets. While living in the shadows of society, her illness drove her to refuse all contact with her family and friends, and eventually led to her arrest and hospitalization. Against all odds, she recovered from schizophrenia, returned to college, and graduated with honors. Henry A. Nasrallah, MD, a professor of psychiatry who treated Bethany, writes, "Bethany is living proof that recovery from schizophrenia is possible with good medical care, solid family support and the courage to keep fighting the tormenting voices that ordered her every move and controlled her every thought. MIND ESTRANGED is also a powerful message of encouragement and support for any human being facing an overwhelming challenge at some point in life." MIND ESTRANGED is the companion book to FLIGHT FROM REASON: A Mother's Story of Schizophrenia, Recovery and Hope, by Karen S. Yeiser. FLIGHT FROM REASON parallels the timeline of MIND ESTRANGED.

*When the Music's Over* Anchor

A fascinating look into the world of schizo-affective disorder which, at times, is funny, heartbreaking, but above all uplifting. Dr. Carolyn Dobbins describes the onset and progression of this debilitating disease and gives readers hope. The book breaks through the stigma as mental illness affects us all. Included at the end are facts about serious mental illness, the 6 A's of self help and Dr Dobbins' message to her counseling colleagues who may be surprised, as all readers will be, by the ending. In an advance review, the National Alliance on Mental Illness said this book is

told in an unorthodox but very effective manner." and that "people are more than their illness." Dr E Fuller Torrey, author of *Surviving Schizophrenia*, said "an inspiration for all who have ever experienced psychosis" Dr. Thomas G Burish, a professor of psychology and Provost of Notre Dame University said this book is "powerful and revealing, and provides a unique insight into chronic mental disease." He added that the book is "a probing, liberating story"

*The Collected Schizophrenias* Skyhorse Publishing, Inc.

Faced with a severely schizophrenic daughter, homeless with no hope, and a heroin-addicted daughter clinging to life living in her car. A mother searches an infant boy's eyes for the answers. How can God's hand pull them through all this darkness? How will a mother find a different route? This is a journey through unmerciful mental madness and the torment of the people who desperately try to find help. Mentally ill are SKIPPED by society. Drug addiction is relentless. One day at a time, God's glorious path becomes clear.

*Surviving Schizophrenia, 7th Edition* HarperCollins

Richard Carlson Jr. was diagnosed with paranoid schizophrenia when he was twenty-one years of age. His illness first manifested when he was an early adolescent. Modern psychiatry greatly failed Richard for over a decade. Then, after an incident involving the police, he truly understood that his diagnosis was real, and finally began the long process of recovery. Over ten years later, his life is greatly improved. In the course of his treatment, Richard also recovered from depression, obsessive-compulsive disorder, and lethargy. Do not let what happened to Richard happen to you, a loved one, or a patient dealing with severe mental illness. Always be honest with each other, and with your psychiatrist. For patients, family members, caregivers, students, and medical professionals who would like to learn more, visit [www.survivingschizophrenia.com](http://www.survivingschizophrenia.com).

*Paranoid Schizophrenia* Bantam

When David LaChapelle begins attending Carleton University everything seems to be going in the right direction. But he begins experiencing unexplainable changes in his thought processes which eventually devolves into a full-blown psychotic state. He tries to get help but is turned down, told by the admitting physician that he is fine and not in need of psychiatric care. Not until his family steps in and takes him to the hospital does he

come close to receiving any treatment. While there, however, he meets Angela, a fellow patient he will later learn is also suffering from schizophrenia. For now, though, they will embark on a journey that takes them across Canada and beyond. Beginning first with short trips in the greater Toronto area—including a jaunt to nearby Niagara Falls where a perceived zombie attack necessitates a forced and narrow escape, David and Angela eventually decide a trip to Vancouver is in order. Pawning possessions, selling stocks, sleeping in McDonald's parking lots, and narrowly escaping arrest on a possible kidnapping charge, their escapades provide a rousing, rollicking ride as they traverse the Great White North until Dave finally receives the help he needs to heal and become healthy once more. A whirlwind tour of Canada, New York, and the psychological inner workings of a person with paranoid schizophrenia intertwine with LaChapelle's openness and bracing honesty to turn a frightening disease into a lighthearted, tragicomic romp full of action, hilarity, and more than a few surprises. As his mental state deteriorates, so too does the logic of the adventure, yet somehow he is able to keep it going, showing a resourcefulness not often expected of the mentally ill. A stirring, baffling, and altogether head-scratching caper, David's Adventure with Schizophrenia is as fascinating as it is entertaining.

*Ben Behind His Voices* Rowman & Littlefield Publishers

Updated throughout and filled with all the latest research, treatment plans, commonly asked questions and more, the bestselling resource on schizophrenia is back—now in its seventh edition. "E. Fuller Torrey is a brilliant writer. There is no one writing on psychology today whom I would rather read."— Los Angeles Times Since its first publication in 1983, *Surviving Schizophrenia* has become the standard reference book on the disease and has helped thousands of patients, their families, and mental health professionals. In clear language, this much-praised and important book describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient's and the family's point of view. This new, completely updated seventh edition includes the latest research findings on what causes the illness, as well as information about the newest drugs for treatment, and answers the questions most often asked by families, consumers, and providers. An indispensable guide for those afflicted by



schizophrenia as well those who care for them, *Surviving Schizophrenia* covers every aspect of the condition and sheds new light on an often-misunderstood illness.

**Everything Is Fine** Createspace Independent Publishing Platform

During his second semester at college, Kurt Snyder became convinced that he was about to discover a fabulously important mathematical principle, spending hours lost in daydreams about numbers and symbols. In time, his thoughts took a darker turn, and he became preoccupied with the idea that cars were following him, or that strangers wanted to harm him. Kurt's mind had been hijacked by schizophrenia, a severe mental disorder that typically strikes during the late teen or young adult years. In *Me, Myself, and Them*, Kurt, now an adult, looks back from the vantage point of recovery and eloquently describes the debilitating changes in thoughts and perceptions that took hold of his life during his teens and twenties. As a memoir, this book is remarkable for its unvarnished look at the slow and difficult process of coming back from severe mental illness. Yet Kurt's memoir is only half the story. With the help of psychiatrist Raquel E. Gur, M.D., Ph.D., and veteran science writer Linda Wasmer Andrews, Kurt paints the big picture for others affected by adolescent schizophrenia. Drawing on the latest scientific and

medical evidence, he explains how to recognize warning signs, where to find help, and what treatments have proved effective. Kurt also offers practical advice on topics of particular interest to young people, such as suggestions on managing the illness at home, school, and work, and in relationships with family and friends. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *My, Myself, and Them* offers hope to young people who are struggling with schizophrenia, helping them to understand and manage the challenges of this illness and go on to lead healthy lives.

**A Road Back from Schizophrenia** Vintage

This is the amazing true story of one woman's journey deep into mental illness and her return to sanity -- and to a successful life and career. Carol North was diagnosed with schizophrenia in college. The story of her life is traced from her early life in a middle class small-town family in the Midwest. For many years, Carol struggled against overwhelming odds to achieve in school in spite of her illness and was finally admitted to medical school to pursue her hopes and dreams of becoming a doctor. In medical school, however, she slid further into psychosis and finally succumbed the inexorable incapacitation so often characteristic of the illness. Carol was fortunate enough, however, to find a skilled psychiatrist who understood her dedication to becoming a

physician and who worked with her to stay well enough to remain in school. When all hope seemed lost, her doctor enrolled her in an experimental dialysis program, similar to the treatment given to patients with kidney failure. With this treatment, her illness went away and she no longer required medication for it. This engrossing and ultimately triumphant story of courageous struggle against mental illness will inspire anyone who has ever had to battle for achievement against overwhelming odds. After recovering from her illness, Carol returned to school and received her medical degree from Washington University School of Medicine in St. Louis, Missouri in 1983. She then completed her internship and residency at Barnes Hospital/Washington University, and subsequently obtained a masters degree in psychiatric epidemiology (the study of psychiatric disorders in populations) while simultaneously pursuing a NIMH fellowship in psychiatric epidemiology at Washington University. Dr. Carol North is currently a board-certified psychiatrist and full Professor of Psychiatry at Washington University School of Medicine. She treats patients with schizophrenia and a range of psychiatric illness, trains young physicians and psychiatrists, and pursues federally funded research in psychiatric epidemiology. She is the recipient of numerous national awards and has appeared on many national television and radio programs.