

## AN UNQUIET MIND BOOK%0A

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I see An Unquiet Mind as performing a specific and vital function, at which I think it succeeds extremely well: that is, Jamison's memoir does I didn't find Jamison a particularly likable person, and this wasn't great literature, though it did go down fast and smooth.

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An Unquiet Mind This book was an enlightening, intimate, insightful glimpse into the very personal struggles and joyous highs of living with manic depression. The book captures the authors amazing strength of character and ability to overcome her limitations and rise to her potential.

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Author Melody Moezzi says Kay Redfield Jamison's memoir, An Unquiet Mind, is the most brilliant and brutally honest book she's ever read about

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pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of An Unquiet Mind.

#### **An Unquiet Mind Quotes by Kay Redfield Jamison**

223 quotes from An Unquiet Mind: A Memoir of Moods and Madness: Others imply that they know what it is like to be depressed because they have gone throu

#### **Kay Redfield Jamison - Wikipedia**

An Unquiet Mind Kay Redfield Jamison (born June 22, 1946) is an American clinical psychologist and writer. Her work has centered on bipolar disorder , which she has had since her early adulthood.

#### **Book Review: An Unquiet Mind by Kay Redfield Jamison**

An Unquiet Mind provides a unique and irreplaceable point of view on manic-depressive illness, with its author serving as both the expert and the patient. At the end of the day, the book is a