

Blue Genes A Memoir Of Loss And Survival

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FELIPE EATON

Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Loved Ones
ReadHowYouWant.com

Christopher (Kit) Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family's history of depression and bipolar disorder. The brothers grew up to achieve remarkable success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his family's troubled past, but Tony never seemed to find the contentment Kit had attained—he killed himself in 1997. Written with heartrending honesty, *Blue Genes* captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp. From the Trade Paperback edition.

A Memoir Penguin

In the tradition of Sean Wilsey's *Oh The Glory of It All* and Augusten Burroughs's *Running With Scissors*, the great-great-granddaughter of Cornelius Vanderbilt gives readers a grand tour of the world of wealth and WASPish peculiarity, in her irreverent and darkly humorous memoir. For generations the Burdens were one of the wealthiest families in New York, thanks to the inherited fortune of Cornelius "The Commodore" Vanderbilt. By 1955, the year of Wendy's birth, the Burden's had become a clan of overfunded, quirky and brainy, steadfastly chauvinistic, and ultimately doomed bluebloods on the verge of financial and moral decline—and were rarely seen not holding a drink. In *Dead End Gene Pool*, Wendy invites readers to meet her tragically flawed family, including an uncle with a fondness for Hitler, a grandfather who believes you can never have enough household staff, and a remarkably flatulent grandmother. At the heart of the story is Wendy's glamorous and aloof mother who, after her husband's suicide, travels the world in search of the perfect sea and ski tan, leaving her three children in the care of a chain-smoking Scottish nanny, Fifth Avenue grandparents, and an assorted cast of long-suffering household servants (who Wendy and her brothers love to terrorize). Rife with humor, heartbreak, family intrigue, and booze, *Dead End Gene Pool* offers a glimpse into the fascinating world of old money and gives truth to an old maxim: The rich are different.

It's in My Genes Sourcebooks, Inc.

Wexler tells the story of a family at risk for Huntington's disease, a hereditary, incurable, fatal disorder from which her own mother died. This graceful and eloquent account goes beyond the specifics of the disease to explore the dynamics of family secrets, of living at risk, and the drama and limits of biomedical research. Photos.

A Different Life Random House

Having cornered his arch enemy, Colonel Bashov weaves a bleak yet humorous tale of the absurd events in Soviet history that served as a backdrop for his quest

Stone Butch Blues Anchor

A delivery announcement on elegant paper stamped with the date of a daughter's birth; a tarnished silver baby cup, dented at the rim; a lovingly hand-knitted sweater; a school committee flyer; hurried grocery lists. This is all Nancy Rappaport had left to remember her mother - a woman defined by her absence. In 1963, Nancy Rappaport's mother committed suicide after a bitter public divorce and custody battle. Nancy was just four years old and the youngest of six children. Growing up in a blended family of eleven children after her father remarried, Nancy was bewildered about why her mother took her own life and left her behind. Years later, encouraged by her own children's curiosity about their grandmother, and fortified by her training as a child psychiatrist, Nancy began to investigate her mother's life and the mysteries surrounding her death. Pursuing clues and following leads, Rappaport pieces together in *In Her Wake* a complex mosaic of her mother. Drawing on court depositions, newspaper coverage, her mother's unpublished novel, and interviews with family and friends, she uncovers the story of a conflicted and troubled activist, socialite, and community leader. Rappaport explores the impact of her mother's suicide from the perspective of a daughter, psychiatrist, wife, and mother of three - illuminating in the process the complicated nature of loss, reconciliation, and healing. Inspiring, honest, and engaging, *In Her Wake* is a powerful testament to a woman's search for answers, and a potent reminder that love outlasts death.

Girl in Need of a Tourniquet Three Rivers Press

#1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • ONE OF GQ'S TOP 50 BOOKS OF LITERARY JOURNALISM IN THE 21st CENTURY • The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. "Reads like a medical detective journey and sheds light on a topic so many of us face: mental illness." —Oprah Winfrey Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins—ambition, hard work, upward mobility, domestic harmony—and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

A Child Psychiatrist Explores the Mystery of Her Mother's Suicide: Easyread Large Edition Anchor

"A fascinating exploration of the mysteries ignited by DNA genealogy testing—from the intensely personal and concrete to the existential and unsolvable." —Tana French, New York Times bestselling author You swab your cheek or spit in a vial, then send it away to a lab somewhere. Weeks later you get a report that might tell you where your ancestors came from or if you carry certain genetic risks. Or, the report could reveal a long-buried family secret that upends your entire sense of identity. Soon a lark becomes an obsession, a relentless drive to find answers to questions at the core of your being, like "Who am I?" and "Where did I come from?" Welcome to the age of home genetic testing. In *The Lost Family*, journalist Libby Copeland investigates what happens when we embark on a vast social experiment with little understanding of the ramifications. She explores the culture of genealogy buffs, the science of DNA, and the business of companies like Ancestry and 23andMe, all while tracing the story of one woman, her unusual results, and a relentless methodical drive for answers that becomes a thoroughly modern genetic detective story. Gripping and masterfully told, *The Lost Family* is a spectacular book on a big, timely subject. "An urgently necessary, powerful book that addresses one of the most complex social and bioethical issues of our time." —Dani Shapiro, New York Times bestselling author "Before you spit in that vial, read this book." —The New York Times Book Review "Impeccably researched . . . up-to-the-minute science meets the philosophy of identity in a poignant, engaging debut." —Kirkus Reviews (starred review)

A Memoir ReadHowYouWant.com

An honest and compelling memoir, *Girl in Need of a Tourniquet* Merri Lisa Johnson's account of her borderline personality disorder and how it has affected her life and relationships. Johnson describes the feeling of "bleeding out" - unable to tell where she stopped and where her partner began. A self-confessed "psycho girlfriend," she was influenced by many emotional factors from her past. She recalls her path through a dysfunctional, destructive relationship, while recounting the experiences that brought her to her breaking point. In recognizing her struggle with borderline personality disorder, Johnson is ultimately able to seek help, embarking on a soul-searching healing process. It's a path that is painful, difficult, and at times heart-wrenching, but ultimately makes her more able to love and coexist in healthy relationships. *A 28-Year Gentile Bar Mitzvah* Rowman & Littlefield Ten percent of the population is affected by a learning disability, but few of us understand what being learning disabled (LD) is really like. When he was fourteen, Bradlee was diagnosed with Velo-Cardio-Facial-Syndrome (VCFS), a wide-spread, little-understood disorder that is expressed through a wide range of physical ailments and learning disabilities. In this funny, moving, and often irreverent book, Bradlee tells his own inspirational story of growing up as an LD kid—and of doing so as the child of larger-

than-life, formidably accomplished parents: long-time Washington Post executive editor Ben Bradlee and bestselling author Sally Quinn. From his difficulties reading social cues, to his cringe-worthy loss of sexual innocence, Bradlee describes the challenges and joys of living "a different life" with disarming candor and humor. By the end of *A Different Life* he will have become, if not your best friend, one of your favorite people.

A Mission to Turn My Deadly Inheritance into a Hopeful Future HarperCollins

A psychiatrist describes his work with Karen Overhill, a patient complaining of acute depression who turned out to have been a victim of horrific childhood sexual abuse and who to survive had developed seventeen distinct and separate personalities, and his challenging efforts to reunite the separate selves into a whole person. Reprint. 50,000 first printing.

Switching Time Jessica Kingsley Publishers

LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. "A wonderful and moving chronicle of a doctor's relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine." —Siddhartha Mukherjee, New York Times bestselling author of *The Emperor of All Maladies* and *The Gene* David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* "A page-turning chronicle of living, nearly dying, and discovering what it really means to be invincible in hope." —Angela Duckworth, #1 New York Times bestselling author of *Grit* "[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum's stirring account of his illness will inspire readers." —Publishers Weekly

How DNA Exposed a Family's Secrets Anchor

Bill Griffeth, longtime genealogy buff, takes a DNA test that has an unexpected outcome: "If the results were correct, it meant that the family tree I had spent years documenting was not my own." Bill undertakes a quest to solve the mystery of his origins, which shakes his sense of identity. As he takes us on his journey, we learn about choices made by his ancestors, parents, and others - and we see Bill measure and weigh his own difficult choices as he confronts the past.

All That You Leave Behind Hachette UK

Norma and Jack Sidebottom were thrilled to adopt cheerful, chubby little Kathy Ann. They were modest, humble, dedicated parents. But little did they know they would be raising a drama queen. Kathy's antics and their trials are just a part of the story. Later in life, courtesy of 23andMe, Kathy discovered the origin of her dramatic tendencies. She found her father on the FBI's Most Wanted List and unearthed her birthmother's lifelong secret. Not only is this an entertaining tale with a built-in murder mystery, but *It's in My Genes* explores the combined roles of nature and nurture in identity development. An addendum explaining the

scientific process used to locate each birthparent is included to satisfy genealogy buffs.

Chasing My Cure Ballantine Books

NATIONAL BOOK AWARD WINNER • NATIONAL BESTSELLER •

From one of America's iconic writers, a stunning book of electric honesty and passion that explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child. Several days before Christmas 2003, John Gregory Dunne and Joan Didion saw their only daughter, Quintana, fall ill with what seemed at first flu, then pneumonia, then complete septic shock. She was put into an induced coma and placed on life support. Days later—the night before New Year's Eve—the Dunes were just sitting down to dinner after visiting the hospital when John Gregory Dunne suffered a massive and fatal coronary. In a second, this close, symbiotic partnership of forty years was over. Four weeks later, their daughter pulled through. Two months after that, arriving at LAX, she collapsed and underwent six hours of brain surgery at UCLA Medical Center to relieve a massive hematoma. This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness ... about marriage and children and memory ... about the shallowness of sanity, about life itself.

[The Book Woman of Troublesome Creek](#) PublicAffairs

"A documentary filmmaker and daughter of the late, great New York Times columnist David Carr celebrates and wrestles with her father's legacy in a raw, redemptive memoir."--O: The Oprah Magazine "A breathtaking read . . . a testimony equal parts love and candor. David would have had it no other way."--Ta-Nehisi Coates, bestselling author of *Between the World and Me* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY GLAMOUR AND MARIE CLAIRE Dad: What will set you apart is not talent but will and a certain kind of humility. A willingness to let the world show you things that you play back as you grow as an artist. Talent is cheap. Me: OK I will ponder these things. I am a Carr. Dad: That should matter quite a bit, actually not the name but the guts of what that name means. A celebrated journalist, bestselling author (*The Night of the Gun*), and recovering addict, David Carr was in

the prime of his career when he suffered a fatal collapse in the newsroom of *The New York Times* in 2015. Shattered by his death, his daughter Erin Lee Carr, at age twenty-seven an up-and-coming documentary filmmaker, began combing through the entirety of their shared correspondence--1,936 items in total--in search of comfort and support. What started as an exercise in grief quickly grew into an active investigation: Did her father's writings contain the answers to the question of how to move forward in life and work without her biggest champion by her side? How could she fill the space left behind by a man who had come to embody journalistic integrity, rigor, and hard reporting, whose mentorship meant everything not just to her but to the many who served alongside him? *All That You Leave Behind* is a poignant coming-of-age story that offers a raw and honest glimpse into the multilayered relationship between a daughter and a father. Through this lens, Erin comes to understand her own workplace missteps, existential crises, and relationship fails. While daughter and father bond over their mutual addictions and challenges with sobriety, it is their powerful sense of work and family that comes to ultimately define them. This unique combination of Erin Lee Carr's earnest prose and her father's meaningful words offers a compelling read that shows us what it means to be vulnerable and lost, supported and found. It is a window into love, with all of its fierceness and frustrations. "Thank you, Erin, for this beautiful book. Now I am going to steal all of your father's remarkable advice and tell my kids I thought of it."--Judd Apatow

Faith Genes for the Blue Jean Generation Bantam Dell Publishing Group

NEW YORK TIMES BESTSELLER "A gripping genetic detective story, and a meditation on the meaning of parenthood and family." --Jennifer Egan, author of *Manhattan Beach* From the acclaimed, best-selling memoirist, novelist--"a writer of rare talent" (Cheryl Strayed)--and host of the hit podcast *Family Secrets*, comes a memoir about the staggering family secret uncovered by a genealogy test: an exploration of the urgent ethical questions surrounding fertility treatments and DNA testing, and a profound inquiry of paternity, identity, and love. What makes us who we are? What combination of memory,

history, biology, experience, and that ineffable thing called the soul defines us? In the spring of 2016, through a genealogy website to which she had whimsically submitted her DNA for analysis, Dani Shapiro received the stunning news that her father was not her biological father. She woke up one morning and her entire history--the life she had lived--crumbled beneath her. *Inheritance* is a book about secrets--secrets within families, kept out of shame or self-protectiveness; secrets we keep from one another in the name of love. It is the story of a woman's urgent quest to unlock the story of her own identity, a story that has been scrupulously hidden from her for more than fifty years, years she had spent writing brilliantly, and compulsively, on themes of identity and family history. It is a book about the extraordinary moment we live in--a moment in which science and technology have outpaced not only medical ethics but also the capacities of the human heart to contend with the consequences of what we discover.

Hidden Valley Road Farrar Straus & Giroux

Many common psychological problems, such as depression, bipolar disorder, obsessive-compulsive disorder, and ADHD, can be linked to chemical imbalances in the brain. Dr. Paul Meier, whose clinic treats thousands of people per week, has written *Blue Genes* to help find answers for those who struggle. Through fascinating case studies, Dr. Meier shows the dramatic difference counseling and medicine can make. This empowering book addresses how genetics, environment, diet, fitness, and spirituality all affect our minds and our quality of life.

[A Troublesome Inheritance](#) Abrams

The respected singer and songwriter describes her journey of loss, grief, and recovery following the 1992 suicide of her son and the near-death of her companion of fifteen years, after which she explored the potential of the human soul. 35,000 first printing.

Beyond Blue Blue GenesA Memoir of Loss and Survival

Blue GenesA Memoir of Loss and SurvivalAnchor

Dead End Gene Pool Tyndale House Publishers, Inc.

From sex to death, these tales limn the limits of life that most of us experience -- though seldom to the degree of these characters. At times tragic, at times amusing, these are our neighbors, friends, relatives when we aren't in their presence.