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An Unquiet Mind is a definitive
examination of manic depression
from both sides: doctor and

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An Unquiet Mind: A Memoir of Moods and Madness is an honest and profoundly dramatic memoir that reveals the challenges and sufferings faced by people that suffer from bipolar disorder. Kay Redfield Jamison herself endured

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the dangerous highs of euphoria
mixed with the lows of depression.
Her professional success as a
clinical psychologist coupled with

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depression has yet to be
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An Unquiet Mind: A Memoir of
Moods and Madness is a memoir
written by American clinical
psychologist and bipolar disorder
researcher Kay Redfield Jamison

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and published in 1995. The book details Jamison's experience with bipolar disorder and how it affected her in various areas of her life from childhood up until the writing of the book. Narrated in the first person, the book shows the effect of manic-depressive

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The first edition of the novel was published in September 18th 1995, and was written by Kay Redfield Jamison. The book was published in multiple languages including English, consists of 223 pages and is available in Paperback format.

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depressed because they have gone
through a divorce, lost a job, or
broken up with someone. But these

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experiences carry with them
feelings. Depression, instead, is
flat, hollow, and unendurable.

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tells the story of her struggle with
manic-depressive illness. A
rumination on how the illness both
influenced and impacted the

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decisions she made, Jamison's memoir uses the author's clinical knowledge of the illness in order to analyze her own past.

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responses to suicide, as well as
the relationship between mental

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Kay Redfield Jamison - Wikipedia
Jamison's memoir, *An Unquiet Mind*, is, without a doubt, the most brilliant and brutally honest book I've ever read about bipolar disorder (formerly known as manic-

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Associate Professor Department of
Psychiatry Kay Redfield Jamison,
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