

Kay R. Jamison

UNA MENTE INQUIETA

Testimonio sobre afectos y locura

colección andanzas



3.ª edición

«Escrito con una sensibilidad poética y conmovedora, *Una mente inquieta* es la excepcional y penetrante visión de las enfermedades mentales que nos brinda una reconocida especialista.» *Time*

Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas

Kay R. Jamison



Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas:

Una mente inquieta Kay R. Jamison, 1996 No es la primera vez que la doctora Kay Redfield Jamison psicóloga y profesora de psiquiatría en la Johns Hopkins University en Estados Unidos aborda como especialista en la materia el tema de la enfermedad maniaco depresiva Pero si es la primera vez que se propone ella misma como B casoB contando su propia y estremecedora experiencia de enferma maniaco depresiva experiencia que la puso en condiciones de vivir en su propia carne los infiernos de ese mal tan universal y al mismo tiempo tan mal conocido por el público En este testimonio personal la autora hace el recuento emotivo y perturbador de su odisea a lo largo de treinta años desde el más penoso caos mental hasta el difícil equilibrio psíquico que ha logrado alcanzar en la actualidad Hija de un meteorólogo de las fuerzas armadas y de una maestra desde muy niña empezó a mostrar un carácter que se revelaría precursor de la enfermedad Poco después de licenciarse en psicología por la Universidad de California en Los Angeles sufrió el primer verdadero episodio Durante largos años padeció numerosas recaídas a causa de su rechazo inicial a tomar de forma continuada el litio bfarmaco ideal en el tratamiento de tales pacientesb lo cual la condujo al divorcio a la ruina y por supuesto al intento de suicidio No obstante B lo que me ha salvado de verdad ha sido la psicoterapiaB confiesa B la cura mediante la palabraB B El litio puede que modere la enfermedad pero la psicoterapia enseña a convivir con ella B **Bipolar** Eberhard J. Wormer, 2004 Exhaustive and

accessible this reference teaches how to recognize accept and live with this mental illness Exhaustiva y accesible esta referencia enseña a cómo reconocer aceptar y convivir con esta enfermedad mental **Bipolar** Kay R. Jamison, 2022-10-05 Una absorbente aproximación al trastorno bipolar desde la doble perspectiva del paciente y el médico En Bipolar la psicóloga y profesora de psiquiatría Kay R. Jamison se propuso a sí misma como caso clínico y decidió contar su propia y estremecedora experiencia como enferma maniaco depresiva Jamison vivió los infiernos de ese mal también denominado trastorno bipolar tan universal y al mismo tiempo poco conocido Desde muy niña empezó a mostrar un carácter que se revelaría precursor de la enfermedad Poco después de licenciarse en psicología sufrió el primer episodio A partir de entonces y durante treinta años su vida ha sido una auténtica odisea descrita en estas páginas con extrema sensibilidad ternura y lucidez Esta obra un libro de referencia y también una extraordinaria ayuda para quienes sufren este tipo de trastorno aparece ahora con un nuevo prólogo de la autora Un libro clínico entre la literatura del trastorno maniaco depresivo por su valentía brillantes y belleza Oliver Sacks Un libro hermoso divertido y original Un maravilloso e importante recuento de los estados de ánimo mercuriales y de la locura Amo este libro Pat Conroy autora de El príncipe de las mareas Un fascinante retrato de un cerebro valiente que alterna entre las alturas excitantes y las recaídas en el entumecimiento James D. Watson Premio Nobel y autor de La doble hélice Escrito con una sensibilidad poética y emocionante Una singular y perspicaz visión de la enfermedad mental desde el interior de la mente de una experimentada especialista Time Una valiosísima recordación del trastorno maniaco depresivo al mismo tiempo lleno de conocimientos médicos profundamente humano y hermosamente escrito New York Times Book Review Un

libro valiente y fascinante un recuento emocionante de la vida de una mujer singular Daily Telegraph La fuerza de Jamison es la valiente forma en que ella ha convertido su enfermedad en el trabajo de su vida y en su brillante habilidad para sobrellevar sus alegrías y sus angustias Extraordinario Washington Post Una lectura electrizante su autora tiene el humor y el alma de un poeta The Economist Una escritura soberbia Una convincente obra literaria Independent on Sunday Delibros ,1996
Bibliografía española ,1996-11 **Confesiones de una mente inquieta** Roberto Thomas-Díaz,2021

Decoding **Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas

1. Understanding the eBook Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - The Rise of Digital Reading Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Advantages of eBooks Over Traditional Books
2. Identifying Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - User-Friendly Interface
4. Exploring eBook Recommendations from Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas

- Personalized Recommendations
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas User Reviews and Ratings
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas and Bestseller Lists
5. Accessing Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas Free and Paid eBooks
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas Public Domain eBooks
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas eBook Subscription Services
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas Budget-Friendly Options
 6. Navigating Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas eBook Formats
 - ePub, PDF, MOBI, and More
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas Compatibility with Devices
 - Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Highlighting and Note-Taking Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Interactive Elements Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 8. Staying Engaged with Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 9. Balancing eBooks and Physical Books Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Setting Reading Goals Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas

- Fact-Checking eBook Content of Una Mente Inquieta Testimonio Sobre Afectos Y Locura Andanzas
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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