

HALDOL AND HYACINTHS

A Bipolar Life

Name: MELODY MOEZZI

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Haldol And Hyacinths A Bipolar Life

M. F. Alvarez



Haldol And Hyacinths A Bipolar Life:

Haldol and Hyacinths Melody Moezzi, 2014-07-01 With candor and humor a manic depressive Iranian American Muslim woman chronicles her experiences with both clinical and cultural bipolarity Born to Persian parents at the height of the Islamic Revolution and raised amid a vibrant loving and gossipy Iranian diaspora in the American heartland Melody Moezzi was bound for a bipolar life At 18 she began battling a severe physical illness and her community stepped up filling her hospital rooms with roses lilies and hyacinths But when she attempted suicide and was diagnosed with bipolar disorder there were no flowers Despite several stays in psychiatric hospitals bombarded with tranquilizers mood stabilizers and anti psychotics she was encouraged to keep her illness a secret by both her family and an increasingly callous and indifferent medical establishment Refusing to be ashamed or silenced Moezzi became an outspoken advocate determined to fight the stigma surrounding mental illness and reclaim her life along the way Both an irreverent memoir and a rousing call to action **Haldol and Hyacinths** is the moving story of a woman who refused to become a victim Moezzi reports from the frontlines of an invisible world as seen through a unique and fascinating cultural lens A powerful funny and moving narrative **Haldol and Hyacinths** is a tribute to the healing power of hope and humor **Still Here** Bunty Avieson, Fiona Giles, Sue

Joseph, 2019-04-12 **Still Here** Memoirs of Trauma Illness and Loss explores the history ethics and cross cultural range of memoirs focusing on illness death loss displacement and other experiences of trauma From Walt Whitman s Civil War diaries to kitchen table survivor to survivor storytelling following Hurricane Katrina from social media posts from a refugee detention centre to poetry by exiles fleeing war zones the collection investigates trauma memoir writing as healing as documentation of suffering and disability and as political activism Editors Bunty Avieson Fiona Giles and Sue Joseph have brought together this scholarly collection as a sequel to their earlier **Mediating Memory** Routledge 2018 providing a closer look at the specific concerns of trauma memoir including conflict and intergenerational trauma the therapeutic potential and risks of trauma life writing its ethical challenges and trauma memoir giving voice to minority experiences **Joy in the**

Mourning Claire Lieber, 2021-07-04 In 1971 Claire Lieber experienced a break with reality After a high school orchestra trip to Texas Claire began a rapid decline into sleeplessness and mania that soon degraded into psychosis Her doctor suspected that someone had slipped her some LSD During a hospitalization complicated by the growing drug culture Claire spent several days before the doctor gave her anything to quell the mania As the medication began to work the high became a low and the awful truth began to seep in around the edges It soon became evident that Claire was battling a serious illness then known as manic depression In a retelling of her personal story Claire details the therapies questionable medications and nutrients that played an important role in guiding her down a challenging path through bipolar disorder to ultimately find wholeness With candor and vulnerability Claire reveals insight into the chain of events that unfolded after her diagnosis She tells of the nurses psychiatrists psychologists and friends who helped her regain stability and achieve meaning Claire

explains how her relationship with Jesus sustained her and provided her with strength as she battled the disease Joy in the Mourning is the true story of one woman's seven year journey through bipolar disorder as she relied on her faith inner strength friends and dedicated health professionals to guide her on a path to a full life

Mental Illness in Young Adult Literature Kia Jane Richmond, 2018-12-07 This book explores how mental illness is portrayed in 21st century young adult fiction and how selected works can help teachers librarians and mental health professionals to more effectively address the needs of students combating mental illness

Mental Illness in Young Adult Literature Exploring Real Struggles through Fictional Characters highlights American young adult literature published since the year 2000 that features characters grappling with mental illness Chapters focus on mental disorders identified by the most recent Diagnostic and Statistical Manual of Mental Disorders DSM 5 including anxiety depression bipolar disorder schizophrenia ADHD and OCD Each chapter begins with a description of a mental illness that includes its prevalence demographic trends symptoms related disorders and treatment options before examining a selection of young adult texts in depth Analysis of the texts explores how a mental illness manifests for a particular character how that character perceives him or herself and is perceived by others and what treatment or support he or she receives The connections between mental illness and race ethnicity gender sexuality and identity are examined and relevant research from education psychology and adolescent health is thoroughly integrated Each chapter also provides a list of additional readings An appendix offers strategies for integrating young adult literature into health curricula and other programs

History Anna Greenwood, 2023-10-06 History has been a source of cultural fascination since ancient times however little attention has been paid to its potential as a positive force for health and wellbeing at least until now Presenting the benefits of historical engagement and practical tips for making the most of it Anna Greenwood considers the power this discipline has to spur better health outcomes A ground breaking work for history buffs and healthcare providers alike this new instalment in the Arts for Health series by one of the leading scholars in modern health history advocates for history's ability to deepen sympathies broaden imaginations and create community beyond the customary restrictions of time and geography

Mothers and Strangers Samia Serageldin, Lee Smith, 2019-02-26 In this anthology of creative nonfiction twenty eight writers set out to discover what they know and don't know about the person they call Mother Celebrated writers Samia Serageldin and Lee Smith have curated a diverse and insightful collection that challenges stereotypes about mothers and expands our notions of motherhood in the South The mothers in these essays were shaped for good and bad by the economic and political crosswinds of their time Whether their formative experience was the Great Depression or the upheavals of the 1970s their lives reflected their era and influenced how they raised their children The writers in Mothers and Strangers explore the reliability of memory examine their family dynamics and come to terms with the past In addition to the editors contributors include Belle Boggs Marshall Chapman Hal Crowther Clyde Edgerton Marianne Gingher Jaki Shelton Green Sally Greene Stephanie Elizondo Griest Jacquelyn Dowd Hall Eldridge Redge

Hanes Lynden Harris Randall Kenan Phillip Lopate Michael Malone Frances Mayes Jill McCorkle Melody Moezzi Elaine Neil Orr Steven Petrow Margaret Rich Omid Safi James Seay Alan Shapiro Bland Simpson Sharon K Swanson and Daniel Wallace

North American Muslim Women Artists Talk Back Kenza Oumlil, 2022-07-21 This book focuses on the ways in which North American Muslim women artists talk back to dominant discourses about Muslim identity and work to counter mainstream stereotypes and representations It examines the possibilities of constructing discourses of resistance to domination Against a backdrop of dominant media representations of oppressed and passive Muslim women the media interventions of the exceptional women artists whose voices are showcased in this book demonstrate that Muslim women are diverse and autonomous agents who have historically and continue contemporarily to fight against all forms of injustice including those that seek to circumscribe their realities and experiences To explore expressions and articulations of alternative discourses this book analyzes the media texts of exceptional women artists the stand up comedy of Palestinian American Maysoon Zayid the cinematic interventions of Iranian American Shirin Neshat and the television comedy of Pakistani Canadian Zarqa Nawaz Using a methodology consisting of a textual analysis grounded in the theoretical framework of postcolonial theory and informed by gender studies and alternative media research the analysis is supplemented with semi structured interviews with the artists This book is suitable for scholars and students in Gender Studies Media Studies Cultural Studies Sociology and Politics

The Rumi Prescription Melody Moezzi, 2021-03-02 A powerful personal journey to find meaning and life lessons in the words of a wildly popular 13th century poet Rumi s inspiring and deceptively simple poems have been called ecstatic mystical and devotional To writer and activist Melody Moezzi they became a lifeline In *The Rumi Prescription* we follow her path of discovery as she translates Rumi s works for herself to gain wisdom and insight in the face of a creative and spiritual roadblock With the help of her father who is a lifelong fan of Rumi s poetry she immerses herself in this rich body of work and discovers a 13th century prescription for modern life Addressing isolation distraction depression fear and other everyday challenges we face the book offers a roadmap for living with intention and ease and embracing love at every turn despite our deeply divided and chaotic times Most of all it presents a vivid reminder that we already have the answers we seek if we can just slow down to honor them You went out in search of gold far and wide but all along you were gold on the inside Become the sky and the clouds that create the rain not the gutter that carries it to the drain You already own all the sustenance you seek If only you d wake up and take a peek Quit being a drop Make yourself an ocean

(Don't) Call Me Crazy Kelly Jensen, 2018-10-02 Talk openly about mental health with thirty three diverse and empowering actors athletes writers and artists in this Washington Post Best Children s Book Contributors include Kristin Bell Nancy Kerrigan S Jae Jones Meredith Russo V E Schwab and Adam Silvera among many others Who s Crazy What does it mean to be crazy Is using the word crazy offensive What happens when a label like that gets attached to your everyday experiences To understand mental health we need to talk openly about it Because there s no single definition of crazy there s

no single experience that embodies it and the word itself means different things wild extreme disturbed passionate to different people In *Don't Call Me Crazy* thirty three actors athletes writers and artists offer essays lists comics and illustrations that explore a wide range of topics including Their personal experiences with mental illness How we do and don't talk about mental health Help for better understanding how every person's brain is wired differently What exactly might make someone crazy If you've ever struggled with your mental health or know someone who has come on in turn the pages and let's get talking This award winning anthology is from the highly praised editor of *Here We Are* *Feminism for the Real World* and *Body Talk* 37 Voices Explore Our Radical Anatomy *The Literature of the Iranian Diaspora* Sanaz Fotouhi, 2015-04-03

The 1979 Revolution in Iran caused the migration of millions of Iranians many of whom wrote and are still writing of their experiences Formed at the junctions of Iranian culture English language and Western cultures this body of work has not only formed a unique literary space offering an insightful reflection of Iranian diasporic experiences and its shifting nature but it has also been making a unique and understudied contribution to World Literatures in English as significant as Indian African and Asian writing in English Sanaz Fotouhi here traces the origins of the emerging body of diasporic Iranian literature in English and uses these origins to examine the socio political position and historical context from which they have emerged Fotouhi brings together introduces and analyses for the first time a significant range of diasporic Iranian writers alongside each other and alongside other diasporic literatures in English While situating this body of work through existing theories such as postcolonialism Fotouhi sheds new light on the role of Iranian literature and culture in Western literature by showing that these writings distinctively reflect experiences unique to the Iranian diaspora Analysing the relationship between Iranians and their new surroundings by drawing on theories of migration narration and identity Fotouhi examines how the literature borne out of the Iranian diaspora reconstructs maintains and negotiates their Individual and communal identities and reflects today's socio political realities This book will be vital for researchers of Middle Eastern literature and its relationship with writings from the West as well as those interested in the cultural history of the Middle East **Mad Scholars** Melanie Jones, Shayda Kafai, 2024-08-15

As universities rethink their approaches to student and faculty mental health this volume showcases academics who openly and proudly embrace the identity of Mad scholar In twenty three essays from contributors working in nearly a dozen disciplines and across three continents *Mad Scholars* explores how neurodivergent scholars work and lived experiences are richer because of their difference not in spite of it In doing so these essays both expose the deep rooted ableism that undergirds traditional mental health interventions and envision a more rigorous more inclusive and more outward facing future for scholarly community and engagement within and outside traditional academia A long awaited corrective by scholars accustomed to having their stories told for them this collection draws on Mad perspectives at the intersection of various marginalized identities boldly dreaming of a future where all students and educators can thrive By offering concrete steps and strategies that radically reimagine the current academic

landscape Mad Scholars opens our eyes to much needed innovations in research pedagogy and community ones which promise to transform higher education and create vital paths for scholarly innovation **Unraveling M. F.**

Alvarez,2023-10-09 *Unraveling An Autoethnography of Suicide and Renewal* is an autoethnographic story that explores the intricate relationship among trauma marginality and mental health It follows Mike Alvarez a precocious gay teenager from an immigrant Filipino family who loses his grip on reality as he succumbs to so called mental illness Divided into two parts the first half of the book uses evocative storytelling and in the moment narration to capture the slow descent into anxiety paranoia depression and suicidality as experienced by the author during young adulthood The second half of the book critically reflects upon the story through a series of analytic chapters In these chapters the author considers the role of narrative in cultivating empathy for the mentally ill the psychiatric industrial complex s obstruction of that empathy and the moral dilemmas autoethnographers face when writing about self other and the social world This book will be suitable for scholars in the social sciences communication studies and healthcare who study and use autoethnography in their research It will also be of value to those interested in firsthand accounts of madness as told by members of marginalized communities

The Children of Harvey Milk Andrew Reynolds,2019 Andrew Reynolds *The Children of Harvey Milk* is not only a compelling collective portrait of LGBTQ politicians around the globe it also offers a powerful explanation of why individual politicians practicing identity politics have been absolutely crucial to the successes of this still expanding global social movement Bring Yourself Mori Taheripour,2022-11-15 A look at how relationships can drive successful negotiation from an award winning faculty member at the Wharton School of Business Contrary to conventional wisdom about what makes a good negotiator namely being aggressive and unemotional in *Bring Yourself* Taheripour offers a radically different perspective In her own life and in her nearly 20 years of experience teaching negotiation she s found that the best negotiators are empathetic curious and present The essence of bargaining isn t the transaction but the conversation and human connection It is when we bring our whole authentic selves to the table that we can advocate for ourselves fearlessly and find creative solutions that benefit everyone Taheripour has seen the power of this mindset shift firsthand In her consulting her classes at Wharton and in her work teaching negotiation for the Goldman Sachs 10 000 Small Businesses program her students and clients experience personal breakthroughs as they face the fears and false narratives that held them back *Bring Yourself* explains how our pressure points personal experience and even our cultural expectations can become roadblocks to finding common ground and it offers essential strategies to move beyond them and open our minds Taheripour argues that regardless of our own perceived ability to negotiate we must have the courage to engage because bargaining plays a crucial role in every aspect of our lives We negotiate boundaries with our parents and partners bedtimes with our kids and even with ourselves every time we make a pros and cons list to weigh a major decision Negotiation is how we problem solve and how we find our voice With eye opening and empowering stories throughout *Bring Yourself* helps

readers gain the confidence they need to achieve their goals in work and in life Timely and provocative this paradigm shifting book can transform our world and the way we work together **Confidentiality and Its Discontents** Paul W. Mosher, Jeffrey Berman, 2015-07-01 Freud promised his patients absolute confidentiality regardless of what they revealed but privacy in psychotherapy began to erode a half century ago Psychotherapists now seem to serve as double agents with a dual and often conflicting allegiance to patient and society Some therapists even go so far as to issue Miranda type warnings advising patients that what they say in therapy may be used against them Confidentiality and Its Discontents explores the human stories arising from this loss of confidentiality in psychotherapy Addressing different types of psychotherapy breaches Mosher and Berman begin with the the story of novelist Philip Roth who was horrified when he learned that his psychoanalyst had written a thinly veiled case study about him Other breaches of privacy occur when the so called duty to protect compels a therapist to break confidentiality by contacting the police Every psychotherapist has heard about Tarasoff but few know the details of this story of fatal attraction Nor are most readers familiar with the Jaffee case which established psychotherapist patient privilege in the federal courts Similiarly the story of Robert Bierenbaum a New York surgeon who was brought to justice fifteen years after he brutally murdered his wife reveals how privileged communication became established in a state court Meanwhile the story of New York Chief Judge Sol Wachtler convicted of harassing a former lover and her daughter shows how the fear of the loss of confidentiality may prevent a person from seeking treatment with potentially disastrous results While affirming the importance of the psychotherapist patient privilege Confidentiality and Its Discontents focuses on both the inner and outer stories of the characters involved in noteworthy psychotherapy breaches and the ways in which psychiatry and the law can complement but sometimes clash with each other **Rock Steady** Ellen Forney, 2018 Rock Steady Brilliant Advice From My Bipolar Life is the eagerly awaited sequel companion book to Forney s 2012 best selling graphic memoir Marbles Mania Depression Michelangelo and Me Whereas Marbles was a memoir about her bipolar disorder Rock Steady turns the focus outward offering a self help survival guide of tips tricks and tools by someone who has been through it all and come through stronger for it **Madness** Marya Hornbacher, 2009-04-01 In the vein of An Unquiet Mind comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know When Marya Hornbacher published her first book Wasted A Memoir of Anorexia and Bulimia she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life At age twenty four Hornbacher was diagnosed with Type I rapid cycle bipolar the most severe form of bipolar disorder In Madness in her trademark wry and utterly self revealing voice Hornbacher tells her new story Through scenes of astonishing visceral and emotional power she takes us inside her own desperate attempts to counteract violently careening mood swings by self starvation substance abuse numbing sex and self mutilation How Hornbacher fights her way up from a madness that all but destroys her and what it is like to live in a difficult and sometimes beautiful life and marriage where bipolar always beckons is at the center of this brave

and heart stopping memoir *Madness* delivers the revelation that Hornbacher is not alone millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease And Hornbacher s fiercely self aware portrait of her own bipolar as early as age four will powerfully change too the current debate on whether bipolar in children actually exists New York Times Humorous articulate and self aware A story that is almost impossible to put down With the same intimately revelatory and shocking emotional power that marked *Wasted* Hornbacher guides us through her labyrinth of psychological demons Elle

A Double-Edged Life Jill Campbell,2009 Jill Gebhart Campbell s passion for poetry writing and drawing prompted her to write this book utilizing these creative genres in order to portray her bipolar illness in a more personal way It is also a reflection of how the devastating effects of bipolar disorder shaped her life The author s story is about a young woman s odyssey of triumph and sorrow and her journey to find herself again Before her diagnosis she was a beautiful compassionate young woman who excelled in both athletics and academics After her diagnosis she gained more than 120 pounds due to health issues sick children psychiatric hospitalizations and unsuitable medications She became depressed self consumed and bitter The debilitating depression and hauntingly real hallucinations forever impacted the way she sees life and how life sees her Her faith in God proved to be her ultimate anchor through her heart wrenching circumstances After admission to solitary confinement due to hallucinations she experienced an even more profound depression The white walls barred windows cold cement floors and white bedding only exacerbated my feelings of isolation and left me swirling downward in an even deeper depression However the Lord s unconditional love has allowed her to walk on the bright side once again She overcame all the odds to become the woman she longed to be She has attained the serenity one reaches when they ve been to the very end beyond hope yet made it back

Bye-Bipolar, Life Ain't Over Syles C. Smythe,2016-07-21 Why read a book when the book can read to you This book just doesnt explain in dry unpronounceable language what having bipolar disease is it takes you through the various labyrinthine dimensions of it through stories and poems and back out the other side to peace and even contentment with the challenges the author has faced in her life fought and won with the victory of life over an inevitable permanent institutionalization like her biological grandfather or a premature death from the devastating effects of this illness The purpose of this book is to bring hope to all who suffer mental illness and feel like there is no way out

High Life Low Life Liam Gildea,2021-09-09 If you are living with bipolar illness or have a family member with the illness this book may prove to be of some help Whilst living with a mental health condition can be extremely difficult it can be a great teacher By the end of the book you will realise that no mental illness defines you as a person You re on the cusp of a life worth living it s just a matter of making the next right step

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