

IRRITABLE
HEARTS

A PTSD
LOVE STORY

MAC MCCLELLAND

Irritable Hearts A Ptsd Love Story

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Irritable Hearts A Ptsd Love Story:

Irritable Hearts Mac McClelland, 2015-02-24 An award winning journalist explores the pain of bearing witness A valuable portrait of what it is like to live with PTSD striking candor The New York Times Book Review Back in California after reporting on Haiti's devastating 2010 earthquake Mac McClelland can't stop reliving vivid scenes of horror She's plagued by waking terrors violent fantasies and crippling emotional breakdowns She can't sleep or stop crying It becomes clear that she's suffering from post traumatic stress disorder Her bewilderment about this sudden loss of control is magnified by the intensity of her feelings for Nico a French soldier she met in Port au Prince and with whom she connected instantly and deeply In this book the foreign correspondent tackles perhaps her most harrowing assignment to date investigating the damage in her own mind She probes the depths of her illness explores our culture's history with PTSD delves into the latest research and spends time with veterans and their families She learns that while we associate PTSD with wartime it is more often caused by other types of trauma and can even be contagious Irritable Hearts is a searing personal medical mystery that unfolds at a breakneck pace But it is also a love story as McClelland fights desperately to repair her heart so she can give it to the kind patient and compassionate man with whom she wants to share a life Ultimately it is a remarkable exploration of vulnerability and resilience Unforgettable Roxane Gay New York Times bestselling author of Hunger A deft emotionally engaged memoir As much as the love story at the heart of the book is a great romance it's also a very funny one McClelland is not the sort of person who needs to idealize either herself or the man who became her husband It's a grown up relationship story And as a bonus Irritable Hearts has a section on trauma and triggers that adds useful context to many of our present debates about discourse on the Internet The Washington Post McClelland pulls back a dark heavy curtain on the costs paid by those who travel to the far corners of the planet to gather difficult news on difficult subjects Writing like this takes courage perhaps as much or even more than reporting from a war ravaged land San Francisco Chronicle

EarthGut: The Story of Peace, Love and Microbes Tami S. Hay, 2019-12-12 A poetic and loving inquiry into creating sustainable plant based practices EarthGut awakens readers to the questions we must address to prevent humanity's destructive trajectory It is the story of our journey through peace love and the rich microbial realm into becoming grounded in a world rooted in change and disconnection We are deeply connected with the earth and its health or mistreatment is manifest in our guts Within these pages love science and story lead us to reflect on our role as stewards of the earth and each other a reminder of our responsibility to be of service and to remain well for the next seven generations Thus EarthGut is centered on knowledge and a heartfelt sense of why peace love and our microbiome matters in these precarious times Our awakening is critical and requires an exploration of both our gut health and our interconnection with the earth Full of valuable knowledge and practices to help readers begin their journey to wellness EarthGut is not only meant for seekers of health and individuals with digestive disorders and disease but also to people with other health issues and those seeking to

practice peace It helps to connect the dots along our journey in a way that is gentle and real full of both story and science Embrace the journey to living a healthful purposeful life In the reunion of peace love and microbes we find our remembrance our way home to a kinder planet There is hope for all to heal , *Ghosts Within* Garry Leech,2019-04-29T00:00:00Z

What are the long term psychological costs of violence and war Journalist Garry Leech draws from his experiences as a war correspondent his ongoing personal struggle with PTSD and the latest research on this mental illness to provide a powerful and vivid answer to this question For thirteen years Leech worked in Colombia s rural conflict zones where he experienced combat witnessed massacre sites and was held captive by armed groups This raw account of his journey from war on the battlefield to an internal psychological war at home illustrates how those who work with traumatized populations can themselves be impacted by trauma Leech removes some of the stigmas fears and ignorance related to PTSD in particular and mental illness in general by shedding light on a largely invisible illness that mostly manifests itself behind the closed doors of our homes Ultimately the book uses a journalist s journey through PTSD to provide a message of hope for all those who suffer from this illness The Cambridge Companion to Human Rights and Literature Crystal Parikh,2019-07-11 Literature has been essential to shaping the notions of human personhood good life moral responsibility and forms of freedom that have been central to human rights law discourse and politics The literary study of human rights has also recently generated innovative and timely perspectives on the history meaning and scope of human rights The Cambridge Companion to Human Rights and Literature introduces this new and exciting field of study in the humanities It explores the historical and institutional contexts theoretical concepts genres and methods that literature and human rights share Equally accessible to beginners in the field and more advanced researches this Companion emphasizes both the literary and interdisciplinary dimensions of human rights and the humanities Beads of Healing Kristen E. Vincent,2017-03-01 Healing from trauma begins with the courageous act of telling your story Yet many survivors of trauma are afraid to tell anyone about their deeply painful and personal experience s Trauma survivors often feel shame guilt fear and anger They may also carry deep spiritual wounds such as feeling abandoned or punished by God They may wonder how they can ever trust God In *Beads of Healing* Kristen Vincent shares her story of childhood trauma and how she eventually found God s peace healing and wholeness She tells how over 35 years after the trauma she encountered God as never before in the presence of a Christian community In this setting where she felt safe and loved and through the help of spiritual practices like scripture reading prayer group sharing and reflection she finally found the peace she had been seeking since age 7 Vincent models how to name feelings of grief anger abandonment shame and fear She gives readers ideas for ways to use prayer beads as a safe way to enter conversations with God to talk honestly with their Creator and open themselves to God s love This powerful story of one woman s journey to spiritual healing offers hope for all trauma survivors as well as those who have experienced loss hurt or other spiritual wounds Each chapter includes a scripture passage that supports the chapter theme truth telling the author

talks about the chapter theme from her perspective reflection questions a prayer bead experience a listening focus a line to repeat with your prayer beads an opportunity to check in with yourself before moving forward NOTE The author recommends that readers study this book with someone a therapist pastor spiritual director or support group Beads of Healing features a Leader's Guide with an outline for 16 sessions links to instructions for making prayer beads and a guide to using prayer beads This book will be a valuable resource for pastors counselors and others who provide support for trauma survivors Me Too, Feminist Theory, and Surviving Sexual Violence in the Academy Laura A. Gray-Rosendale, 2020-03-09 Powerfully written and theoretically grounded Me Too Feminist Theory and Surviving Sexual Violence in the Academy collects a range of perspectives from sexual assault survivors with backgrounds in academia The contributors in this collection connect their experiences of sexual violence to their research and work within the academy as well as their lives outside of it Contributors analyze the events surrounding their experiences with sexual violence as well as the cultural social and political effects Their analyses are located within discussions of recent cultural events and the larger contexts of race ethnicity class age gender sexuality region and nation *Line in the Sand* Dean Yates, 2023-06-27 Dean Yates was the ideal warzone correspondent courageous compassionate dedicated After years of facing the worst though including the Bali bombings and the Boxing Day tsunami one final incident undid him In July 2007 two of his staff members were brutally gunned down by an American helicopter in Iraq What followed was an unravelling of everything Dean thought he knew of himself His PTSD was compounded by his moral wound the devastation of what he thought he knew of the world and his own character and beliefs After years of treatment including several stints inside a psychiatric facility Dean has reshaped his view of the true meaning of life Here in all its guts and glory is that journey to a better way of being Dean has been to the blackest heart of humanity and come out with strength and hope *Line in the Sand* is a memoir that is going to resonate for generations to come It tackles the most important topic of our age in an unforgettable way Praise for *Line in the Sand* Brave and vital Hugh Riminton Destined to become a classic Chris Hedges Pulitzer prize winning war correspondent for the New York Times A clarion call for a new approach to preventing and treating trauma Matthew Green author of *Aftershock* Put on your seatbelt before reading this Dean Yates has produced the roughest and most honest journalistic memoir of war I've ever encountered Thomas Ricks author of the international bestseller *Fiasco* Too moving for words Nancy Sherman New York Times notable author This should be a textbook for everyone working in mental health and an inspiring read for anyone who cares about taking light into the darkness Steve Biddulph Shattering Silences Christopher Johnston, 2018-05-01 An in depth look at revolutionary new ways to handle sexual assaults Every two minutes someone in the US is sexually assaulted and each year there are nearly 300 000 victims of sexual assault But victims are no longer silent and new practices by police prosecutors nurses and rape crisis professionals are resulting in more humane and compassionate treatment of victims and more aggressive pursuit and prosecution of perpetrators *Shattering Silences* is the first book to cover these new approaches

and partnerships Christopher Johnston shows how the people and organizations implementing these new approaches are having far reaching impacts on helping victims heal and making it more likely that predators will be arrested and sentenced His in depth portrayals of the altruistic and hard working people behind these radical approaches based on seven years of interviews provide a template of best practices for other organizations and communities to follow With sexual assault taking center stage these days Shattering Silences is more important than ever **Nerve** Eva Holland, 2021-10-12 A TIME top 100 must read book of 2020 a spellbinding dive into paralyzing fear that Rolling Stone says could not be timelier with a new afterword to this paperback edition Since childhood Eva Holland has been gripped by two debilitating phobias fear of losing her mother and fear of heights When the worst comes to pass with her mother s sudden death in 2015 followed by an ice climbing expedition that ends with Holland panicky and in tears a new resolve kicks in Fear may define her past but it won t decide her future Through poignant storytelling eye opening science journalism and courageous boots off the ground investigation Holland peels back the layers of paralyzing trauma and anxiety to ask Is fear necessary Is it rooted in the body or the mind And further Is there a better way to feel afraid By grappling with even embracing the things she most deeply dreads Holland aspires to give us all the nerve to face down the phobias that limit our lives **The Best American Magazine Writing 2017** Sid Holt, The American Society of Magazine Editors, 2017-12-19 With the work of reporters under fire worldwide this year s anthology of National Magazine Award finalists and winners is a timely reminder of the power of journalism The pieces included here explore the fault lines in American society Shane Bauer s visceral My Four Months as a Private Prison Guard Mother Jones and Sarah Stillman s depiction of the havoc wreaked on young people s lives when they are put on sex offender registries The New Yorker examine controversial criminal justice practices And responses to the shocks of the recent election include Matt Taibbi s irreverent dispatches from the campaign trail Rolling Stone George Saunders s transfixing account of Trump s rallies The New Yorker and Andrew Sullivan s fears for the future of democracy New York In other considerations of the political scene Jeffrey Goldberg talks through Obama s foreign policy legacy with the former president The Atlantic and Gabriel Sherman analyzes how Roger Ailes s fall sheds light on conservative media New York Linking personal stories to the course of history Nikole Hannah Jones looks for a school for her daughter in a rapidly changing racially divided Brooklyn New York Times Magazine and Pamela Colloff explores how the 1966 University of Texas Tower mass shooting changed the course of one survivor s life Texas Monthly A selection of Rebecca Solnit s Harper s commentary ranges from a writer on death row to the isolation at the heart of conservatism Becca Rothfeld ponders women waiting on love from the Odyssey to Tinder Hedgehog Review Siddhartha Mukherjee depicts the art and agony of oncology New York Times Magazine David Quammen ventures to Yellowstone to consider the future of wild places National Geographic and Mac McClelland follows a deranged expedition to Cuba in search of the ivory billed woodpecker Audubon The collection concludes with Zandria Robinson s eloquent portrait of her father as reflected in the music he loved Oxford

American *Mediating the Real* Pascal Sigg, 2024-05-06 As a literary genre the nonfictional reportage has particular implications for the role of the writer Pascal Sigg shows how six U S American writers including David Foster Wallace George Saunders and Rachel Kaadzi Ghansah reflect on themselves as human media in their reportage The writers assert themselves in a postmodern way by scrutinizing their own mediation As it also traces and develops the theorization of reportage as genre along the reporters early concerns with technical media this pioneering contribution to literary journalism studies paves a way for a new materialist approach in the under researched field 中国日报网, 2021-05-27 2020 100 EMDR

For Us Surrender Is Out of the Question Mac McClelland, 2010-02-10 The human rights journalist and author of *Irritable Hearts A PTSD Love Story* shines a light on the Karen refugees fleeing Burma s genocide There s a civil war the world s longest running in fact raging between the Burmese government and ethnic rebels But since Burma is a country nearly shut out from the rest of the world the only footage of the carnage comes via groups of young tough booze loving refugees who run into war zones to collect it And with these refugees is where we find Mac McClelland embedded in her staggering debut *For Us Surrender Is Out of the Question* McClelland weaves a narrative that is part investigative journalism part popular history and part memoir of a Midwestern twenty something girl living with refugee activists on the Burma Thailand border Driven by the community McClelland is illegally aiding a small group of brave young men and women *For Us Surrender Is Out of the Question* is an urgent and fascinating look at a weary conflict told by a bright new voice Alternately poignant and raucous angry and heartbreaking McClelland s reporting is very much from the ground up far livelier than we will ever get from the average foreign correspondent Adam Hochschild New York Times bestselling author Any reporting on the notoriously under documented Burmese war is critical reading a page turner like this one is not to be missed San Francisco Magazine Gritty informed passionate McClelland s gonzo sensibility big heart and keen eye for weird details bring this tale of inhuman cruelty and human resilience vividly alive Gary Kamiya cofounder of Salon

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