

## JAMISON AN UNQUIET MIND



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### **Kay Redfield Jamison Wikipedia**

Kay Redfield Jamison (born June 22, 1946) is an American clinical psychologist and writer. Her work has centered on bipolar disorder, which she has had since her early adulthood.

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An Unquiet Mind is a definitive examination of manic depression from both sides: doctor and patient, the healer and the healed. A classic memoir of enormous candour and courage, it teems with the wit and wisdom of its creator.

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The cultural and medical shift that changed the meaningfully descriptive term "manic depression" into the quasi-mechanistic "bipolar disorder" did nothing to make our understanding of mental

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