

# Explaining My Depression To My Mother

**Rachel Wiley**

*Depression & Other Magic Tricks* Sabrina Benaim, 2020-07-26 2017 Goodreads Choice Awards - Best Poetry Book Runner-Up *Depression & Other Magic Tricks* is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose poem *Explaining My Depression to My Mother* has become a cultural phenomenon with over 50,000,000 views. *Depression & Other Magic Tricks* explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a celebration of daily life and of living. Andrea Gibson, author of *Lord of the Butterflies* writes I read this book on a day I couldn't get out of bed and it made me feel like I had a friend in the world...Simply put, this book disappears loneliness.

**My Life on the Road** Gloria Steinem, 2015-10-27 NEW YORK TIMES BESTSELLER • Gloria Steinem—writer, activist, organizer, and inspiring leader—tells a story she has never told before, a candid account of her life as a traveler, a listener, and a catalyst for change. ONE OF O: THE OPRAH MAGAZINE'S TEN FAVORITE BOOKS OF THE YEAR | NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Harper's Bazaar • St. Louis Post-Dispatch • Publishers Weekly When people ask me why I still have hope and energy after all these years, I always say: Because I travel. Taking to the road—by which I mean letting the road take you—changed who I thought I was. The road is messy in the way that real life is messy. It leads us out of denial and into reality, out of theory and into practice, out of caution and into action, out of statistics and into stories—in short, out of our heads and into our hearts. Gloria Steinem had an itinerant childhood. When she was a young girl, her father would pack the family in the car every fall and drive across country searching for adventure and trying to make a living. The seeds were planted: Gloria realized that growing up didn't have to mean settling down. And so began a lifetime of travel, of activism and leadership, of listening to people whose voices and ideas would inspire change and revolution. *My Life on the Road* is the moving, funny, and profound story of Gloria's growth and also the growth of a revolutionary movement for equality—and the story of how surprising encounters on the road shaped both. From her first experience of social activism among women in India to her work as a journalist in the 1960s; from the whirlwind of political campaigns to the founding of *Ms.* magazine; from the historic 1977 National Women's Conference to her travels through Indian Country—a lifetime spent on the road allowed Gloria to listen and connect deeply with people, to understand that context is everything, and to become part of a movement that would change the world. In prose that is revealing and rich, Gloria reminds us that living in an open,

observant, and “on the road” state of mind can make a difference in how we learn, what we do, and how we understand each other. Praise for *My Life on the Road* “This legendary feminist makes a compelling case for traveling as listening: a way of letting strangers’ stories flow, as she puts it, ‘out of our heads and into our hearts.’”—People “Like Steinem herself, [*My Life on the Road*] is thoughtful and astonishingly humble. It is also filled with a sense of the momentous while offering deeply personal insights into what shaped her.”—O: The Oprah Magazine “A lyrical meditation on restlessness and the quest for equity . . . Part of the appeal of *My Life* is how Steinem, with evocative, melodic prose, conveys the air of discovery and wonder she felt during so many of her journeys. . . . The lessons imparted in *Life on the Road* offer more than a reminiscence. They are a beacon of hope for the future.”—USA Today “A warmly companionable look back at nearly five decades as itinerant feminist organizer and standard-bearer. If you’ve ever wondered what it might be like to sit down with Ms. Steinem for a casual dinner, this disarmingly intimate book gives a pretty good idea, mixing hard-won pragmatic lessons with more inspirational insights.”—The New York Times “Steinem rocks. *My Life on the Road* abounds with fresh insights and is as populist as can be.”—The Boston Globe

*Why We Cry* Matt Lilley, 2020 Do you tear up watching a sappy commercial? Or hold back sniffles when your best friend suddenly ignores you? Maybe you sometimes just get a case of the blues you can't seem to shake. Have you wondered why? The answer is in the science behind unhappiness Whether you keep your tears bottled up or sometimes let it all out, middle school is a time when you get ALL. THE. FEELS. But next time you or your friends have a good cry, you'll understand what's really going on in your brains. Plus, you'll learn tips to decode what's happening in your body and find out how tears can sometimes be helpful. But mental health is still important, so when tearfulness or sad feelings have crossed the line, you'll also learn when it's time to reach out for help.

*Revenge Body* Rachel Wiley, 2022-01-25 2023 Stonewall Book Award - Barbara Gittings Literature Award for Poetry Winner 2023 Feathered Quill Book Awards Finalist *Revenge Body* is Rachel Wiley’s third collection of poetry, full of the sharp wit and bold honesty we know and love from Rachel. Wiley invites her readers to join her on a journey filled with righteous anger, Black identity, magic, mental health, navigating maternal relationships, and the love and loss that comes from a breakup.

Care Ethics and Poetry Maurice Hamington, Ce Rosenow, 2019-05-17 *Care Ethics and Poetry* is the first book to address the relationship between poetry and feminist care ethics. The authors argue that morality, and more specifically, moral progress, is a product of inquiry, imagination, and confronting new experiences. Engaging poetry, therefore, can contribute to the habits necessary for a robust moral life—specifically, caring. Each chapter offers poems that can provoke considerations of moral relations without explicitly moralizing. The book contributes to valorizing poetry and aesthetic experience as much as it does to reassessing how we think about care ethics.

**Why are You So Sad?** Beth Andrews,2002 Defines depression, identifies depression treatments, and provides many self-help options for those coping with a depressed parent. Includes a note to parents and spaces for writing questions or drawing to help express emotions and concerns.

**I'd Rather Be Destroyed** Zach Goldberg,2024-09-17 Zach Goldberg's I'd Rather Be Destroyed carves straight to the core of self-destruction, reckoning with personal, familial, and sociocultural struggles. Earnest and darkly funny, this collection rebuilds the self from its broken pieces. Playing with dynamic and experimental forms, Goldberg explores modern Jewish identity, familial and cultural inheritances, and managing mental health. Its historical and religious allusions navigate modern and personal conversations, reflecting how we embrace and reject the legacies that shape us. Sharp and captivating, I'd Rather Be Destroyed's honesty and artistry make it a must-read.

The Semiotics of Performances Paul Bouissac,2025-01-09 What is a live performance? And why is semiotics the best approach for the analysis and interpretation of the performing arts? Drawing on semiotic developments of the past five decades, this book introduces students to the semiotic analysis of live performances and provides them with a clear method for untangling the multimodal complexity of performance from the spectator's point of view. Presenting live performances as two-way communication processes, social events, and cognitive and affective experiences, each chapter of this highly accessible book begins first with an overview of the basics. This is followed by a case study, and moves through to a more advanced discussion, accompanied by suggestions for exercises and further reading. Diagrams and flow charts help to clearly illustrate the conceptual tools used in the analytical process, and a companion website contains recorded extracts from the live performances discussed in the book, which students can use to put their knowledge into practice. The book explores a broad range of performance types from across different cultures, including music, opera, ballet, theatre, circus, mime, improvisation, and immersion. It offers a guide for understanding the way in which a performance is produced, from an initial idea through to the final presentation in front of a live audience, and provides the reader with the tools and understanding they need for a successful semiotic analysis of live performance.

**The Girls Who Went Away** Ann Fessler,2007-06-26 The astonishing untold history of the million and a half women who surrendered children for adoption due to enormous family and social pressure in the decades before Roe v. Wade. "It would take a heart of stone not to be moved by the oral histories of these women and by the courage and candor with which they express themselves." —The Washington Post "A remarkably well-researched and accomplished book." —The New York Times Book Review "A wrenching, riveting book." —Chicago Tribune In this deeply moving and myth-shattering work, Ann Fessler brings out into the open for the first time the hidden social history of adoption before Roe v. Wade - and its lasting legacy. An adoptee who was herself surrendered during those years and recently made contact with her mother, Ann Fessler brilliantly brings to life the voices of more than a hundred women, as well as the spirit of those times, allowing the women to tell their

stories in gripping and intimate detail.

**Please Come Off-Book** Kevin Kantor,2021-03-23 Please Come Off-Book queers the theatrical canon we all grew up with. Kantor critiques the treatment of queer figures and imagines a braver and bolder future that allows queer voices the agency over their own stories. Drawing upon elements of the Aristotelian dramatic structure and the Hero's Journey, Please Come Off-Book is both a love letter to and a scathing critique of American culture and the lenses we choose to see ourselves through.

I Had a Black Dog Matthew Johnstone,2012-03-01 'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

Trauma and the Struggle to Open Up: From Avoidance to Recovery and Growth Robert T. Muller,2018-06-19 Winner, 2019 Written Media Award, International Society for the Study of Trauma & Dissociation. Winner, 2015 William James Book Award, American Psychological Association How to navigate the therapeutic relationship with trauma survivors, to help bring recovery and growth. In therapy, we see how relationships are central to many traumatic experiences, but relationships are also critical to trauma recovery. Grounded firmly in attachment and trauma theory, this book shows how to use the psychotherapy relationship, to help clients find self-understanding and healing from trauma. Offering candid, personal guidance, using rich case examples, Dr. Robert T. Muller provides the steps needed to build and maintain a strong therapist-client relationship -one that helps bring recovery and growth. With a host of practical tips and protocols, this book gives therapists a roadmap to effective trauma treatment.

Letters Home Sylvia Plath,2011-02-03 Letters Home represents Sylvia Plath's correspondence from her time at Smith College in the early 1950s, through her meeting with, and subsequent marriage to, the poet Ted Hughes, up to her death in February 1963. The letters are addressed mainly to her mother, with whom she had an extremely close and confiding relationship, but there are also some to her brother Warren and her benefactress Mrs Prouty. Plath's energy, enthusiasm and her passionate tackling of life burst onto these pages, providing us with a vivid and intimate portrait of a woman who has come to be regarded as one of the greatest of twentieth-century poets. In addition to her capacity for domestic and writerly happiness, however, these letters also hint at Plath's potential for deep despair, which reached its crisis when she holed up in

a London flat for the terrible winter of 1963.

**Invisible Strings** Kristie Frederick Daugherty, 2024-12-03 There is always a link. This is the magic of Taylor Swift . . . She has trained her fans to follow her threads. An anthology of 113 brand new poems. Responding to 113 songs by Taylor Swift. Can you match every poem to the song that inspired it? Including brand new work from a powerhouse group of poets, including Diane Seuss, Amanda Lovelace, Hollie McNish, Richard Siken, Ilya Kaminsky, Joy Harjo, Lang Leav, Paul Muldoon, Maggie Smith, Jane Hirshfield and Yusef Komunyakaa . . . 'If you like Taylor Swift easter eggs, this is the book for you... beautiful, thought-provoking and so much fun!' 'If you're a fan of Swift's music, you'll find yourself enchanted by this collection... a one-of-a-kind experience' 'Poetry meets pop brilliance... a must-read for Swifties and poetry enthusiasts alike' --- With a record-breaking four Grammy awards for Album of the Year, Taylor Swift's lyrics have been heard by millions around the world - clever, authentic, and elegantly written, to her fans these songs are a kind of modern poetry. In *Invisible Strings*, poet, professor and dedicated Swiftie Kristie Frederick-Daugherty has brought together 113 new poems, each inspired by a particular Taylor Swift song. Taking a cue from Taylor's love of clues and puzzles, test your knowledge of every era - from Fearless to folklore, Reputation to The Tortured Poets Department, vault tracks included - to match each poem to the song it is a response to. For Swifties, this is a creative and affectionate reimagining of their favourite writer's iconic discography - with a chance to see these songs in a brand new way. For poetry lovers, this one-of-a-kind anthology is an unparalleled collection of new work from some of the most lauded and exciting voices in contemporary poetry.

**Understanding Experience** Roger A. Frie, 2004-06-02 *Understanding Experience: Psychotherapy and Postmodernism* is a collection of innovative interdisciplinary essays that explore the way we experience and interact with each other and the world around us. The authors address the postmodern debate in psychotherapy and psychoanalysis through clinical and theoretical discussion and offer a view of the person that is unique and relevant today. The clinical work of Binswanger, Boss, Fromm, Fromm-Reichmann, Laing, and Lacan is considered alongside the theories of Buber, Heidegger, Husserl, Merleau-Ponty, Sartre and others. Combining clinical data from psychotherapy and psychoanalysis with insights from European philosophy, this book seeks to fill a major gap in the debate over postmodernism and bridges the paradigmatic divide between the behavioural sciences and the human sciences. It will be of great interest to clinicians and students of psychotherapy and psychoanalysis who wish to come to terms with postmodernism, as well as those interested in the interaction of psychoanalysis, philosophy and social theory.

**Nothing Is Okay** Rachel Wiley, 2020-03-12 2019 Ohioana Book Award - Readers' Choice Winner *Nothing is Okay* is the second full-length poetry collection by Rachel Wiley, whose work simultaneously deconstructs the lies that we were taught about our bodies and our beings, and builds new ways of viewing ourselves. As she delves into queerness, feminism, fatness, dating, and race, Wiley molds these topics into a punching critique of culture and a celebration of self. A fat positive activist,

Wiley's work soars and challenges the bounds of bodies and hearts, and the ways we carry them.

**Letters to My Mother** Mary Ruth Borg, 2009 I knew I liked to write when I was a teenager, locking myself in my room. I was angry, frustrated and needed a positive outlet. I was tired of breaking things. I was sad having to pick up pieces of my little treasures. So I picked up a pencil to write about how I felt and why I was being self-destructive. I was determined to find a way to diffuse the confusion in my head. Taught very early to pray, I'd put my prayers on paper. Seeing something written brought me back into reality. I had a reference point. Something I could read over and over to remind myself who I was and that I would be okay. This is my story of survival. My journey from the traumatic experience of being molested countless times by my step-father while living within the strict religious practices of Jehovah's Witnesses to my healing process with Parents United. I thought my life of confusion, mistrust and low self-esteem could never change. As I got older, I attracted more dysfunction in my choices. I didn't know I could change that. I didn't know any better. I became afraid for my children. I thought I was crazy and didn't have good parenting skills. After years of therapy, I learned to have control over my life and how to take the power back that I kept giving away. I am no longer a victim. It has been a long and twisty road. Today, I am proud to be happy, healthy and productive in my world. I am proud to be a survivor! I hope to inspire others and give them hope that the craziness in their heads can go away. I want to keep talking about this until the cycle is broken and all children are safe.

**The Last of His Mind** John Thorndike, 2021-09-07 The second, expanded edition of this acclaimed memoir by an Alzheimer's caregiver living with his father during his final year includes a new introduction that illustrates the immense toll of the disease, important lessons from the author's experience, and a readers' guide. Joe Thorndike was managing editor of *Life* at the height of its popularity immediately following World War II. He was the founder of *American Heritage* and *Horizon* magazines, the author of three books, and the editor of a dozen more. But at age ninety-two, in the space of six months he stopped reading or writing or carrying on detailed conversations. He could no longer tell time or make a phone call. He was convinced that the governor of Massachusetts had come to visit and was in the refrigerator. Over six million Americans suffer from Alzheimer's, and like many of them, Joe Thorndike's one great desire was to remain in his own house. To honor his wish, his son John left his own home and moved into his father's upstairs bedroom on Cape Cod. For a year, in a house filled with file cabinets, photos, and letters, John explored his father's mind, his parents' divorce, and his mother's secrets. *The Last of His Mind* is the bittersweet account of a son's final year with his father and a candid portrait of an implacable disease. It's the ordeal of Alzheimer's that draws father and son close, closer than they have been since John was a boy. At the end, when Joe's heart stops beating, John's hand is on his chest, and a story of painful decline has become a portrait of deep family ties, caregiving, and love.

**Said The Manic To The Muse** Jeanann Verlee, 2015-04-15 Jeanann Verlee's second book, *Said the Manic to the Muse*,

takes a deeper, more focused look at the erratic, whimsical, ominous, and sometimes perilous ways manic depression functions. Introduced through the careful prophecy of three archetypes: Medea, Jezebel, and Kali—each a woman largely misrepresented and wholly misunderstood—these poems detail the story of one woman's struggle to maintain both strength and sanity in the face of abandonment and aging. From dangerous trysts and barroom brawls to grief-induced psychosis, *Said the Manic to the Muse* recounts the year she lost everything, including her mind.

*Managing the Monstrous Feminine* Jane M. Ussher, 2006 Jane Ussher takes a unique approach to the study of the material and discursive practices associated with the construction and regulation of the female body.

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### **Explaining My Depression To My Mother Introduction**

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