

The Hypomanic Edge

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In Search of Bill Clinton -

John Gartner 2008-09-30

An analysis of the private life of the forty-second president offers insight into the complexities of his personality, discussing such topics as his childhood in the shadow of an abusive stepfather, his infidelity, and his post-presidential work.

The Comeback -

Annissa Deshpande 2021-05-25

Chief human resources officer, Jen Schmidt's career is on the line at Dominal Industries.

With a new fierce competitor

overseas, the company is struggling to survive. CEO Mark Francis knows his executive team can climb back to the top, but it's up to Jen to fill critical positions and reduce turnover. But Jen needs to get creative to win... Enlisting the help of the quirky, slinky-wielding Meg Beecham is her only hope. Together, can Jen and Meg reimagine their approach to human resources and make the comeback of a lifetime? Engaging, inspiring, and eye-opening, this modern corporate adventure is perfect

for readers of fast-paced contemporary fiction as well as CEOs, entrepreneurs, and HR professionals who are looking to reduce turnover, increase revenue and create a fulfilling workplace culture!

Wired This Way - Jessica Carson 2020-03-01

Creators are complexly wired. In their lightest moments, they are passionate, ambitious, intuitive, and possess a host of other bright qualities. But entrepreneurial spirits are often victim of a darker side of their nature: They are particularly prone to mental health issues, stress-related illness, and other vulnerabilities of mind, body, and spirit. The media has breathlessly chronicled the peaks and valleys of today's creators—glorifying their strengths and villainizing their weaknesses—not realizing that the light and dark within entrepreneurs are two sides of the same coin. *Wired This Way* explores why the mental, emotional, physical, and spiritual distress among creators is not an indication of

brokenness, but of a rich inner complexity that's prone to imbalance. A creator's struggles and strengths are one in the same, and the solution doesn't come from without, but from within. Using the wisdom of 10 creator archetypes found within the entrepreneurial spirit—the Curious, Sensitive, Ambitious, Disruptive, Empowered, Fiery, Orderly, Charming, Eager, and Existential Creator—readers will learn how to integrate the light and dark qualities of each archetype for mental, emotional, physical, and spiritual well-being. Rooted in psychology, neuroscience, mindfulness, and ancient wisdom traditions, *Wired This Way* is a user's manual for self-understanding, self-acceptance, and self-care as an entrepreneurial spirit.

Synchronicity - Chris Mackey 2015-09-15

Synchronicity: the uncanny and fortuitous timing of events that seems to go beyond pure chance. Synchronicity can act as a guide along our life path, helping us through challenging

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times and nudging us toward self-fulfillment. Psychologist Chris Mackey offers astounding case studies, alongside a lucid explanation of the brain science underlying synchronicity and many practical suggestions for working with it, from journaling and symbol analysis to dream interpretation and ideas for accessing flow. He is convinced that synchronicity has a crucial role to play in helping us “go within” and tap into our intuitive and spiritual selves. This book is also a passionate call for a new, more optimistic “positive psychiatry” that embraces our transcendent experiences. A 21st-century take on Jung’s legacy, this exciting new approach to synchronicity will appeal to anyone interested in the opportunities for personal development offered by altered states of consciousness. “A profound introduction to deep concepts of mind, meaning and the challenges of creating a life well lived for everyone.” -- Ernest Rossi, Ph.D., author of *The Psychobiology of Gene*

Expression and Creating
Consciousness

How Sadness Survived - Paul
Keedwell 2016-07-01

"What I am offering is a critical overview of ideas about depression, some new, some old, which fall under the discipline of 'evolutionary psychology'(EP). Do most types of depression represent an adaptation - an evolved mechanism which has improved our survival and reproductive value in our ancestral environment? Has depression been selected? Could it still be useful to us today? This book makes a contribution to the field while communicating the issues to a wider audience than EP currently receives and deserves. There are important implications for how we should prevent or treat an increasingly common condition, and how we might view the condition in a more constructive way." - Paul Keedwell, in the Preface.

Social Wealth - Jason Treu
2014-09-07

Have you ever admired those successful, confident,

motivated, and charismatic people who seem to have it all? They've climbed the corporate ladder quickly or started a great business. Their love life is amazing and they have fantastic friends. They've made all the right connections. They've mastered networking and how to build relationships. They're very persuasive and created significant influence with people. And...all of this has opened up limitless opportunities for them. What's their secret? What breakthroughs have they learned that you haven't? They have figured out the biggest predictor for success is...Social Wealth Everything we create in life is with or through other people. No one goes it alone. We value our experiences and relationships with other people above everything else. Your legacy comes down to becoming rich in all your relationships. Stuck in your career? Wishing you could find passionate love in your life? Want to be a top producer in your field? Having trouble building business

relationships and networking? Want to improve your leadership, social, communication, and emotional skills? Desire to create more meaningful connections with people in your life? Do you want to have more influence and persuasion? Do you want to be more vulnerable, authentic, confident and courageous? If you answered - yes- to any of the above questions... Social Wealth will give you the blueprint and action steps you've been looking for to achieve the success you desire and deserve. The reality is no one is born with this information and skills. No one sits you down to explain how it works, and you certainly don't learn this in your education. These are learned skills and behaviors. By the time you finish this book, you are going to have a bullet-proof, passion-fueled strategy built on the skills and confidence of learning what others don't know. You will have the power to define what you want, spot potential obstacles to your success, and

the tools and skills to get exactly what you want. In this how to guide, you'll learn to:

- *Create the powerful, life-changing -Social Wealth Mindset(TM)-
- *Leverage scientifically proven, field-tested human behavior insights
- *Master essential social, communication, influencer, leadership, charisma and emotional skills
- *Embrace vulnerability, authenticity, generosity and imperfection to courageously engage with others and create meaningful connections
- * Create true belonging and build relationships that matter
- *Develop a -real world- social media plan to put it all together for your personal and professional life. You will also get free guide, 15 Social Wealth Tools, to help you get results quicker. Then it just comes down to a little action, practice, commitment and patience. Don't waste your time, hard work and money any longer. Learn the path to creating the life you want on your terms.

Living Well with Depression

and Bipolar Disorder - John McManamy 2009-10-13

Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In *Living Well with Depression and Bipolar Disorder*, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: Diagnosing the problem Associated illnesses and symptoms Treatments, lifestyle, and coping The effects of depression and bipolar disorder on relationships and sex With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the

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disorder, Living Well with Depression and Bipolar Disorder will help sufferers begin to reclaim their lives.

The Hypomaniac Edge - John D. Gartner 2005-03-01

Based on in-depth interviews of successful entrepreneurs, and on the biographers of his historical subjects, Gartner defines the hypomaniac temperament and its manifestations. Then he demonstrates its power in action, offering some portraits that span America's history - Columbus who discovered America, John Winthrop who defined it, Alexander Hamilton who pointed to its future, Andrew Carnegie who built its fortune, Louis B. Mayer who glorified its ideals in movies, and Craig Venter, who is inventing its genetic future. Though these men are extraordinary figures, Gartner says many Americans carry the genes that have made them the most successful citizens in the world.

Great Business Teams -

Howard M. Guttman
2008-12-03

Understand and decode the inner workings of great business teams with the more than 30 in-depth examples in Great Business Teams: Cracking the Code for Standout Performance. Author Howard Guttman examines and dissects teams at top-management, business-unit, and functional levels and isolates five key factors that drive team performance to offer you insight into the ways these teams achieve success. Using this book, go directly to the marketplace to scrutinize teams in a variety of industries, evaluating the challenges they face and the methods they choose to manage these challenges.

Prozac Monologues - Willa Goodfellow 2020-08-25

She was going to stab her doctor, but she wrote a book instead. Part memoir of misdiagnosis and part self-help guide, Prozac Monologues is a book within a book, blending Goodfellow's hypomaniac monologues with edgy comedic essays about the bipolar spectrum.

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Bipolar Breakthrough -

Ronald R. Fieve 2009-09-15

More than 30 years ago, Ronald R. Fieve, MD, gained national recognition for his pioneering treatment of what was then known as “manic-depression.” Since then, he has focused on patients with mild bipolarity, also known as Bipolar II. With the right treatment, these patients can turn their illness into an asset. In this groundbreaking book, Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic “highs” while minimizing the potentially devastating “lows” of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, *Bipolar Breakthrough* includes: -six stay-well strategies for anyone suffering from Bipolar II -the latest information on cutting-edge medications with fewer side effects -a special section on the complications of a bipolar diagnosis for pregnant women, children, and the

elderly With results supported by thousands of patient histories, Dr. Fieve’s *Bipolar Breakthrough* is a landmark work that will help the millions of Bipolar II sufferers live better lives.

Your Next Five Moves -

Patrick Bet-David 2021-06

From the creator of *Valuetainment*, the #1 YouTube channel for entrepreneurs, and “one of the most exciting thinkers” (Ray Dalio, author of *Principles*) in business today, comes a practical and effective guide for thinking more clearly and achieving your most audacious professional goals. Both successful entrepreneurs and chess grandmasters have the vision to look at the pieces in front of them and anticipate their next five moves. In this book, Patrick Bet-David “helps entrepreneurs understand exactly what they need to do next” (Brian Tracy, author of *Eat That Frog!*) by translating this skill into a valuable methodology. Whether you feel like you’ve hit a wall, lost your fire, or are looking for

innovative strategies to take your business to the next level, Your Next Five Moves has the answers. You will gain: CLARITY on what you want and who you want to be. STRATEGY to help you reason in the war room and the board room. GROWTH TACTICS for good times and bad. SKILLS for building the right team based on strong values. INSIGHT on power plays and the art of applying leverage. Combining these principles and revelations drawn from Patrick's own rise to successful CEO, Your Next Five Moves is a must-read for any serious executive, strategist, or entrepreneur.

Bogonaire - Paddy Manning
2013-11-18

From blue collar to billionaire ... Hunter Valley mine electrician Nathan Tinkler borrowed big in 2005, made a fortune from several speculative coal plays, and by 2011 was a self-made billionaire. He had gambled and won, but his volatility and reluctance to pay his debts were making him enemies. He

lived the high life as only a young man would, buying luxury homes, private jets, sports cars and football teams, and splurging massively to build a horseracing empire. But Tinkler's dreams had extended beyond even his resources, and his business model worked only in a rising market. When coal prices slumped in 2012, Tinkler had no cash flow to service his massive borrowings and no allies to help him recover. Within months he was trying desperately to stave off his creditors, large and small, and fighting to save his businesses and his fortune. In this impressive new biography, leading business writer Paddy Manning tells the story of Tinkler's meteoric rise to wealth, and captures the drama of his equally rapid downfall.

A First-Rate Madness - Nassir Ghaemi 2012-06-26

The New York Times bestseller "A glistening psychological history, faceted largely by the biographies of eight famous leaders . . ." —The Boston Globe "A provocative thesis . . .

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Ghaemi's book deserves high marks for original thinking."

—The Washington Post

"Provocative, fascinating."

—Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike:

Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lackluster leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions about greatness and the mind.

Good for the Money - Bob Benmosche 2016-04-12
Legendary CEO Robert

Benmosche's astonishing memoir, detailing how he pulled AIG back from the brink of bankruptcy and engineered one of history's most remarkable corporate turnarounds.

[101 Questions to Ask Before You Get Engaged](#) - H. Norman Wright 2004-06-01

The Perfect Remedy for Cold Feet! More than half of all couples who become engaged this year will never make it to the altar. Why? Leading experts believe it's because couples fail to really get to know their potential mate before getting engaged. Relationship expert and noted couples counselor Norm Wright steers potential brides and grooms through a series of soul-searching questions to discern if they've really met "the One." Couples will be much more confident about whether or not to pursue marriage after completing these in-depth and personal questions. Norm also addresses the delicate subject of calling off the wedding if readers discover that a potential mate

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isn't actually meant to be a life partner.

Vortex Visions - Elise Kova

2019-02-03

Vi Solaris must learn to master her magic or forfeit her throne. But when a watch links her with a magical traveler and the fate of their dying world, Vi learns there's a greater destiny than even her birthright. Book one in a young adult, epic fantasy series from USA Today Bestselling author Elise Kova, set in her acclaimed Air Awakens world.

Understanding the Emotional Disorders - David Watson 2017

"Understanding the Emotional Disorders is the first manual for how to use the IDAS-II and examines important, replicable symptom dimensions contained within five adjacent diagnostic classes in the DSM-5:

depressive disorders, bipolar and related disorders, anxiety disorders, obsessive-compulsive and related disorders, and trauma- and stressor-related disorders"--

Cognitive Therapy for Bipolar Disorder - Dominic H. Lam

2010-10-26

A thoroughly updated version of a key practitioner text, this new edition includes a treatment manual of cognitive-behavioural therapy for Bipolar Disorder which incorporates the very latest understanding of the psycho-social aspects of bipolar illness. Updated to reflect treatment packages developed by the authors over the last decade, and the successful completion of a large randomized controlled study which shows the efficacy of CBT for relapse prevention in Bipolar Disorder

Demonstrates the positive results of a combined approach of cognitive behavioural therapy and medication Provides readers with a basic knowledge of bipolar disorders and its psycho-social aspects, treatments, and the authors' model for psychological intervention Includes numerous clinical examples and case studies

On the Ragged Edge of Medicine - Patricia Kullberg 2017

On the Ragged Edge of Medicine offers a unique and

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personal glimpse into a medical practice for the homeless and urban poor in Portland, Oregon. Told through fifteen patient vignettes and drawn from the author's decades of experience on the front lines, this revealing memoir illuminates the impact of poverty on the delivery of health services and the ways in which people adapt and survive (or don't survive) in conditions of abuse and deprivation. Kullberg's stories show the direct and sometimes devastating effects of poverty on personal health, poignantly demonstrating that medicine is as much a social enterprise as a scientific one.

The Story Of Channon Rose Lessons Between The Lines -

Channon Rose 2021-07-28
Former porn star now social media influencer, Channon Rose takes you through her early childhood, which was filled with severe traumatic events. The story of Channon's childhood is both disturbing and captivating. Channon shares her deepest darkest secrets about her life in this

book that she hasn't even shared with her own family or closest friends. Channon spent much of her childhood in and out of psychiatric hospitals, dealing with drug addiction, she was a child prostitute, she dealt with emotional and physical abuse at home, and she struggled with eating disorders. These are just a few of the stories she shares in this book. This candid story will take you with her as she grows up, follow the life of a girl out of control. This incredible journey will whip you past an attempted murder, being expelled from almost every school, and will take you into the heart of what it is like to be young and alone, with a psychopath stepparent and a death wish. Every moment of this true story will lend you insight into the mind of a lost little girl, and how she eventually managed to survive through it all, despite the odds. Are you up for a wild ride? If so take a peek inside.

**American Mania: When
More is Not Enough** - Peter
C. Whybrow 2006-04-17

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A doctor's bold analysis of the cultural disease that afflicts us all. Despite an astonishing appetite for life, more and more Americans are feeling overworked and dissatisfied. In the world's most affluent nation, epidemic rates of stress, anxiety, depression, obesity, and time urgency are now grudgingly accepted as part of everyday existence they signal the American Dream gone awry. Peter C. Whybrow, director of the Neuropsychiatric Institute at UCLA, grounds the extraordinary achievements and excessive consumption of the American nation in an understanding of the biology of the brain's reward system offering for the first time a comprehensive and physical explanation for the addictive mania of consumerism. American Mania presents a clear and novel vantage point from which to understand the most pressing social issues of our time, while offering an informed approach to refocusing our pursuit of happiness. Drawing upon rich

scientific case studies and colorful portraits, "this fascinating and important book will change the way you think about American life" (Karen Olson, Utne Reader).

The Effective Manager - Mark Horstman 2016-07-05

The how-to guide for exceptional management from the bottom up The Effective Manager is a hands-on practical guide to great management at every level. Written by the man behind Manager Tools, the world's number-one business podcast, this book distills the author's 25 years of management training expertise into clear, actionable steps to start taking today. First, you'll identify what "effective management" actually looks like: can you get the job done at a high level? Do you attract and retain top talent without burning them out? Then you'll dig into the four critical behaviors that make a manager great, and learn how to adjust your own behavior to be the leader your team needs. You'll learn the four major tools that should be

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a part of every manager's repertoire, how to use them, and even how to introduce them to the team in a productive, non-disruptive way. Most management books are written for CEOs and geared toward improving corporate management, but this book is expressly aimed at managers of any level—with a behavioral framework designed to be tailored to your team's specific needs. Understand your team's strengths, weaknesses, and goals in a meaningful way Stop limiting feedback to when something goes wrong Motivate your people to continuous improvement Spread the work around and let people stretch their skills Effective managers are good at the job and "good at people." The key is combining those skills to foster your team's development, get better and better results, and maintain a culture of positive productivity. The Effective Manager shows you how to turn good into great with clear, actionable, expert guidance.

The Hypomaniac Edge - John D.

Gartner 2008-06-23

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have

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passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his

arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.

Make LinkedIn Work for You: A Practical Guide for Lawyers and Other Legal Professionals - Allison Shields
2019-11-22

Make LinkedIn Work for You isn't just a "how to" on using LinkedIn; it delves deeper into creating a strategic approach to your use of LinkedIn based on who you are, where you are in your career, and what you want to accomplish on LinkedIn, and prompts you to ask questions like: -What are you "hiring" LinkedIn to do for you?-How do you make yourself "discoverable" within your network?-How do you bring the real world into LinkedIn and LinkedIn into the real world?-How do you want to communicate with your

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network?The book focuses on the three parts of your LinkedIn presence that you must understand well: Profiles, Connections, and Participation. We have long called these the essential building blocks of LinkedIn. In many ways, the three blocks notion is our fundamental insight in this book. If you understand and get these blocks right, you will "get" LinkedIn and should find it a valuable use of your time.

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Give Work - Leila Janah
2017-09-26

Want to end poverty for good? Entrepreneur and Samasource founder Leila Janah has the solution—give work, not aid. “An audacious, inspiring, and practical book. Leila shows how it’s possible to build a successful business that lifts people out of poverty—not by giving them money but by giving them work. It’s required reading for anyone who’s passionate about solving real problems.” —Adam Grant, author of *Give and Take* and *Originals* Despite trillions of dollars in Western aid, 2.8 billion people worldwide still struggle in abject poverty. Yet the world’s richest countries continue to send money—mostly to governments—targeting the symptoms, rather than the root causes of poverty. We need a better solution. In *Give Work*, Leila Janah offers a much-needed solution to solving poverty: incentivize everyone from entrepreneurs to big companies to give dignified, steady, fair-wage work to low-income people. Her social business, Samasource,

connects people living below the poverty line—on roughly \$2 a day—to digital work for major tech companies. To date, the organization has provided over \$10 million in direct income to tens of thousands of people the world had written off, dramatically altering the trajectory of entire communities for the better. Janah and her team go into the world’s poorest regions—from refugee camps in Kenya to the Mississippi Delta in Arkansas—and train people to do digital work for companies like Google, Walmart, and Microsoft. Janah has tested various Give Work business models in all corners of the world. She shares poignant stories of people who have benefited from Samasource’s work, where and why it hasn’t worked, and offers a blueprint to fight poverty with an evidence-based, economically sustainable model. We can end extreme poverty in our lifetimes. Give work, and you give the poorest people on the planet a chance at happiness. Give work, and you give people

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the freedom to choose how to develop their own communities. Give work, and you create infinite possibilities.

Bi-Polar Girl - Gabrielle Blackman-Sheppard

2010-12-09

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels and the ability to carry out day-to-day tasks.

Symptoms of bipolar disorder are severe - they are different from the normal ups and downs that everyone goes through from time to time. They can result in damaged relationships, poor job or school performance and even suicide. But Bipolar can be treated and people with this illness can lead full and productive lives.

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

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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.

The Hypomaniac Edge - John D. Gartner 2011-06-18

In Search of Bill Clinton - John Gartner 2008-09-30

What makes Bill Clinton tick? William Jefferson Clinton, the 42nd President of the United States is undoubtedly the greatest American enigma of our age -- a dark horse that captured the White House, fell from grace and was resurrected as an elder statesman whose popularity rises and falls based on the day's sound bytes. John Gartner's *In Search of Bill Clinton* unravels the mystery at the heart of Clinton's complex nature and why so many people fall under his spell. He tells the story we all thought we knew, from the fresh viewpoint of a psychologist, as he questions

the well-crafted Clinton life story. Gartner, a therapist with an expertise in treating individuals with hypomaniac temperaments, saw in Clinton the energy, creativity and charisma that leads a hypomaniac individual to success as well as the problems with impulse control and judgment, which frequently result in disastrous decision-making. He knew, though, that if he wanted to find the real Bill Clinton he couldn't rely on armchair psychology to provide the answer. He knew he had to travel to Arkansas and around the world to talk with those who knew Clinton and his family intimately. With his boots on the ground, Gartner uncovers long-held secrets about Clinton's mother, the ambitious and seductive Virginia Kelley, her wild life in Hot Springs and the ghostly specter of his biological father, Bill Blythe, to uncover the truth surrounding Clinton's rumor-filled birth. He considers the abusive influence of Clinton's alcoholic stepfather, Roger Clinton, to understand the

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repeated public abuse he invited both by challenging a hostile Republican Congress and engaging in the clandestine affair with Monica Lewinsky that led to his downfall. Of course, there is no marriage more dissected than that of the Clintons, both in the White House and on the Hillary Clinton presidential campaign trail. Instead of going down familiar paths, Gartner looks at that relationship with a new focus and clearly sees, in Hillary's molding of Clinton into a more disciplined politician, the figure of Bill Clinton's stern grandmother, Edith Cassidy, the woman who set limits on him at an early age. Gartner brings Clinton's story up to date as he travels to Ireland, the scene of one of Clinton's greatest diplomatic triumphs, and to Africa, where his work with AIDS victims is unmatched, to understand Clinton's current humanitarian persona and to find out why he is beloved in so much of the world while still scorned by many at home. John Gartner's exhaustive trip around the

globe provides the richest portrait of Clinton yet, a man who is one of our national obsessions. In *Search of Bill Clinton* is a surprising and compelling book about a man we all thought we knew.

Latinx Business Success - Frank Carbajal 2021-11-16

An inspiring new message of resilient leadership *Latinx Business Success* delivers a powerful and inspiring message of Latinx leadership. Via interviews with many of the most accomplished Latin business leaders in the United States, authors Frank Carbajal and José Morey offer readers a full picture of what it takes to succeed in modern leadership and how to close the digital divide that keeps Latinx people underrepresented in positions of authority. The book explores the authors' DIGITAL framework—which includes the principles of Decision, Intelligence, Game Plan, Insight, Technology, Abundance, and Leverage—and explains how each element of the system contributes to leadership success for current

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and aspiring Latinx leaders. Readers will also find: Interviews with renowned and accomplished leaders from the Latinx community, including Ramiro Cavazos, President and CEO of the US Hispanic Chamber of Commerce, Esther Aguilera, President & CEO at Latino Corporate Directors Association (LCDA), and Silvina Moschini, Executive Producer at The Unicorn Hunters Show, and Cofounder, President, & Chairwoman of the Board of Transparent Business. Discussions of what it means to achieve a truly diverse and inclusive society and how we'll know when we've realized that goal Coverage of a wide variety of industry sectors, including healthcare, media, education, finance, tech, and athletics Perfect for managers, executives, and business leaders of all kinds who seek a new and refreshing perspective on leadership, Latinx Business Success is also required reading for any member of the Latinx community who hopes to make innovative contributions to the business

world.

A Fatal Friendship - Arnold Rogow 1999-09

With detailed archival research, this unprecedented examination of the friendship between two historic figures, Aaron Burr and Alexander Hamilton, will change forever our understanding of honor, politics, and friendship in the early American Republic.

Bipolar II - Ronald R. Fieve 2006-10-03

The author of the best-selling Moodswing presents a guide to a milder form of the disease, explaining how many people with Bipolar II are driven, high-achieving individuals who can turn their condition into an asset through a lifestyle program that may enable them to minimize drug dependency and control depression levels.

The Marriage Plot - Jeffrey Eugenides 2011-10-11

A New York Times Notable Book of 2011 A Publisher's Weekly Top 10 Book of 2011 A Kirkus Reviews Top 25 Best Fiction of 2011 Title One of Library Journal's Best Books of 2011 A Salon Best Fiction of

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2011 title One of The Telegraph's Best Fiction Books of the Year 2011 It's the early 1980s—the country is in a deep recession, and life after college is harder than ever. In the cafés on College Hill, the wisecracking kids are inhaling Derrida and listening to Talking Heads. But Madeleine Hanna, dutiful English major, is writing her senior thesis on Jane Austen and George Eliot, purveyors of the marriage plot that lies at the heart of the greatest English novels. As Madeleine tries to understand why "it became laughable to read writers like Cheever and Updike, who wrote about the suburbia Madeleine and most of her friends had grown up in, in favor of reading the Marquis de Sade, who wrote about deflowering virgins in eighteenth-century France," real life, in the form of two very different guys, intervenes. Leonard Bankhead—charismatic loner, college Darwinist, and lost Portland boy—suddenly turns up in a semiotics seminar, and soon Madeleine finds herself in

a highly charged erotic and intellectual relationship with him. At the same time, her old "friend" Mitchell Grammaticus—who's been reading Christian mysticism and generally acting strange—resurfaces, obsessed with the idea that Madeleine is destined to be his mate. Over the next year, as the members of the triangle in this amazing, spellbinding novel graduate from college and enter the real world, events force them to reevaluate everything they learned in school. Leonard and Madeleine move to a biology Laboratory on Cape Cod, but can't escape the secret responsible for Leonard's seemingly inexhaustible energy and plunging moods. And Mitchell, traveling around the world to get Madeleine out of his mind, finds himself face-to-face with ultimate questions about the meaning of life, the existence of God, and the true nature of love. Are the great love stories of the nineteenth century dead? Or can there be a new story, written for today and alive to the realities of

feminism, sexual freedom, prenups, and divorce? With devastating wit and an abiding understanding of and affection for his characters, Jeffrey Eugenides revives the motivating energies of the Novel, while creating a story so contemporary and fresh that it reads like the intimate journal of our own lives.

Powerful - Patty McCord

2018-01-09

Named by The Washington Post as one of the 11 Leadership Books to Read in 2018 When it comes to recruiting, motivating, and creating great teams, Patty McCord says most companies have it all wrong. McCord helped create the unique and high-performing culture at Netflix, where she was chief talent officer. In her new book, *Powerful: Building a Culture of Freedom and Responsibility*, she shares what she learned there and elsewhere in Silicon Valley. McCord advocates practicing radical honesty in the workplace, saying good-bye to employees who don't fit the company's emerging needs,

and motivating with challenging work, not promises, perks, and bonus plans. McCord argues that the old standbys of corporate HR—annual performance reviews, retention plans, employee empowerment and engagement programs—often end up being a colossal waste of time and resources. Her road-tested advice, offered with humor and irreverence, provides readers a different path for creating a culture of high performance and profitability. *Powerful* will change how you think about work and the way a business should be run.

Schizoaffective Disorder

Simplified - Martine Daniel

2011-06-01

Description Schizoaffective disorder is a condition which shares symptoms with both bipolar disorder and schizophrenia, and which affects as many as 1 in 200 people - 0.5% of the population. Surprisingly, there have been few books written about schizoaffective disorder, and even fewer aimed at the

general reader. Until now. Schizoaffective Disorder Simplified is your comprehensive and up-to-date guide to schizoaffective disorder, featuring an introduction to the condition, its symptoms, its treatment and various ways that people can learn to manage their illness, as well as a series of helpful worksheets for people with schizoaffective disorder. Aimed at the general reader, whether you have schizoaffective disorder, care for someone with the illness or just have a curious interest in the subject, this book will answer all your questions about schizoaffective disorder, and give you an insight into what it is like to live with mania, depression and psychosis. About the Author Martine Daniel was born in York in 1981. From a young age, she knew she wanted to be a writer, and whilst at secondary school she would often be caught scribbling stories in the back of exercise books during lessons. Her dreams of seeing her name in print never dimmed, despite

her life being turned upside down by episodes of mania, depression and psychosis during her late teens and early twenties. In 2003 the pressures of a stressful job brought on an episode of psychotic mania, which led to the breakdown that ended her hopes of a career in bookselling, following which Martine was finally forced into contact with local mental health services. With the help of medication and the support of her family, she began to pick up the pieces of her life and started work on her first novel *The Fire in Your Eyes* (published 2009), juggling work on the novel with her studies with The Open University. Her second novel, *Legacy of Lies*, the sequel to *The Fire in Your Eyes*, and her third novel, *Wading the Waters of my Mind*, were both published in 2010. Martine is a keen supporter of the Time to Change campaign and hopes that her writing can help to put an end to the stigma of mental illness.

Break the Bipolar Cycle - Elizabeth Brondolo 2008-01-10

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Take control of your symptoms--and take charge of your life If you're dealing with bipolar disorder, you already know that it's more than a cycle of "ups" and "downs." You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder and helps you: Identify your symptoms Explore your treatment options Stabilize your moods Sharpen your mind Achieve your goals This isn't a one-size-fits-all guide. It's a uniquely personal approach to your bipolar disorder that covers the full spectrum of the disease and its symptoms. You'll be able to find successful ways to regulate your moods, relieve your stress, improve your thought processes, and break the bipolar cycle--for a

happier, healthier life.

Mastering the Core Teachings of the Buddha - Daniel Ingram
2020-01-20

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and

compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

The Bipolar II Disorder

Workbook - Stephanie McMurrich Roberts 2014-02-02

Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can

help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, The Bipolar II Disorder Workbook is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

A Step-By-Step Guide to Building Wealth from \$1 - John D Saunders 2019-06

If you're looking for actionable financial literacy tactics to create generational wealth and prosperity, this is a GREAT place to begin. The best way for people of color to reach the pinnacles we strive for is

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through financial literacy. It's the best way to create wealth and pass on a legacy of knowledge and financial freedom to choose our own path and foster a NEW wave of financial confidence and influence. Every chapter of this book dissects how money passes through our community,

the concepts and principles of wealth building, and most importantly, how to build wealth at every stage in your life. If you're ready to take action, plan your future and generate wealth for your family and community, pick up A Step-By-Step Guide to Building Wealth from \$1 .