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Welcome My Country Lauren Slater*

Lauren Slater is a psychologist who obviously enjoys a colourful turn of phrase. In Welcome to My Country, she recounts her experiences of working at a clinic in Boston alongside the schizophrenic, the chronically depressed, the sociopathic, and the otherwise troubled.

Welcome to My Country: Journeys into the World of a ...

Lauren Slater (born March 21, 1963) is an American psychotherapist and writer. She is the author of numerous books, including Welcome to My Country, Lying: A Metaphorical Memoir, Opening Skinner's Box, and Blue Beyond Blue, a collection of short stories.

Welcome to My Country by Lauren Slater - Goodreads

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Welcome To My Country Lauren Slater

Slater's first book focuses on the early days of her career, when she worked with chronic schizophrenics at an East Boston mental institution. In the title piece, she meets the six men--Moxi, Joseph, Charles, Lenny, Robert, and Oscar--who comprise her first therapy group and with whom she struggles to form a connection.

WELCOME TO MY COUNTRY by Lauren Slater | Kirkus Reviews

Welcome to My Country - Lauren Slater - Google Books. The world of the schizophrenic, the depressed, the suicidal can seem a foreign, frightening place. Now, a brilliant writer/psychologist takes...

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Welcome To My Country Lauren Slater

Welcome to My Country Lauren Slater. Author, P. Ed. Slater, Author Random House (NY) \$22 (Op) ISBN 978-0-679-44785-6 More By and About This Author A psychologist whose empathy with her patients is...

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Lauren Slater is a psychologist who obviously enjoys a colourful turn of phrase. In Welcome to My Country, she recounts her experiences of working at a clinic in Boston alongside the schizophrenic, the chronically depressed, the sociopathic, and the otherwise troubled.

Welcome to My Country: A Therapist's Memoir of Madness ...

? Lauren Slater, Welcome to My Country. 0 likes. Like "Bless those people, for they are a part of my faith's firmness. Bless the stories my foster mother read to me, the stories of mine she later listened to, her thin blond hair hanging down a single sheet. The house, old and shingled, with niches and culverts I loved to crawl in, where ...

Welcome to My Country Quotes by Lauren Slater

Lauren Slater (born March 21, 1963) is an American psychotherapist and writer. She is the author of nine books, including Welcome to My Country (1996), Prozac Diary (1998), and Lying: A Metaphorical Memoir (2000). Her 2004 book Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century, a description of psychology experiments "narrated as stories," has drawn both praise ...

Lauren Slater - Wikipedia

About Welcome to My Country. Lauren Slater, a brilliant writer who is a young therapist, takes us on a mesmerizing personal and professional journey in this remarkable memoir about her work with mental and emotional illness. The territory of the mind and of madness can seem a foreign, even frightening place-until you read Welcome to My Country.

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Welcome to My Country book by Lauren Slater

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Lauren Slater, a brilliant writer who is a young therapist, takes us on a mesmerizing personal and professional journey in this remarkable memoir about her work with mental and emotional illness. The territory of the mind and of madness can seem a foreign, even frightening place-until you read Welcome to My Country. Writing in a powerful and original voice, Lauren Slater closes the distance ...

Welcome to My Country - Lauren Slater - Google Books

Welcome to My Country by Lauren Slater The author of this book is an award-winning writer/psychologist who works with schizophrenic and psychotic patients at a clinic in Boston. In this book she confronts the problems and strivings of six different patients, culminating with a turn inwards in which she becomes the subject of her own analysis (Slater herself suffered from psychological ...

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Welcome to My Country by Lauren Slater - Goodreads

Provides a look inside the world of the schizophrenic, the suicidal, and other troubled individuals, in a personal study that chronicles the author's work with patients suffering from mental and emotional distress

The world of the schizophrenic, the depressed, the suicidal can seem a foreign, frightening place. Now, a brilliant writer/psychologist takes readers on a mesmerizing journey into this enigmatic world. As readers interact through Slater with patients Lenny, Moxi, Oscar, and Marie, they come to understand more about the human mind and spirit. First serial to Harper's.

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"The beauty of Lauren Slater's prose is shocking," said Newsday about Welcome to My Country, and now, in this powerful and provocative new book, Slater brilliantly explores a mind, a body, and a life under siege. Diag-nosed as a child with a strange illness, brought up in a family given to fantasy and ambition, Lauren Slater developed seizures, auras, neurological disturbances--and an ability to lie. In Lying: A Metaphorical Memoir, Slater blends a coming-of-age story with an electrifying exploration of the nature of truth, and of whether it is ever possible to tell--or to know--the facts about a self, a human being, a life. Lying chronicles the doctors, the tests, the seizures, the family embarrassments, even as it explores a sensitive child's illness as both metaphor and a means of attention-getting--a human being's susceptibility to malady, and to storytelling as an act of healing and as part of the quest for love. This mesmerizing memoir openly questions the reliability of memoir itself, the trickiness of the mind in perceiving reality, the slippery nature of illness and diagnosis--the shifting perceptions and images of who we are and what, for God's sake, is the matter with us. In Lying, Lauren Slater forces us to redraw the boundary between what we know as fact and what we believe we create as fiction. Here a young woman discovers not only what plagues her but also what heals her--the birth of sensuality, her creativity as an artist--in a book that reaffirms how a fine writer can reveal what is common to us all in the course of telling her own unique story. About Welcome to My Country, the San Francisco Chronicle said, "Every page brims with beautifully rendered images of thoughts, feelings, emotional states." The same can be said about Lying: A Metaphorical Memoir.

The author of the acclaimed Welcome to My Country describes in this provocative and funny memoir the ups and downs of living on Prozac for ten years, and the strange adjustments she had to make to living "normal life." Today millions of people take Prozac, but Lauren Slater was one of the first. In this rich and beautifully written memoir, she describes what it's like to spend most of your life feeling crazy--and then to wake up one day and find yourself in the strange state of feeling well. And then to face the challenge of creating a whole new life. Once inhibited, Slater becomes spontaneous. Once terrified of maintaining a job, she accepts a teaching position and ultimately earns several degrees in psychology. Once lonely, she finds love with a man who adores her. Slater is wonderfully thoughtful and articulate about all of these changes, and also about the downside of taking Prozac: such matters as dependency, sexual dysfunction, and Prozac' "poop-out." "The beauty of Lauren Slater's prose is shocking," said Newsday about Welcome to My Country, and Slater's remarkable gifts as a writer are present here in sentences that are like elegant darts, hitting at the center of the deepest human feelings. Prozac: Diary is a wonderfully written report from inside a decade on Prozac, and an original writer's acute observations on the challenges of living modern life.

Acclaimed author Lauren Slater ruminates on what it means to be family. Lauren Slater's rocky childhood left her cold to the idea of ever creating a family of her own, but a husband, two dogs, two children, and three houses later, she came around to the challenges, trials, and unexpected rewards of playing house. In these autobiographical pieces, Slater presents snapshots of domestic life, populating them with the gritty details and jarring realities of sharing home, life, and body in the curious institution called "family." She asks difficult questions and probes unsettling truths about sex, love, and parenting. In these pages, Slater introduces us to her struggles with her mother, her determination to make a home of her own, her compromises in deciding to marry (her conflicts manifesting as an affair on the eve of her wedding), her initial struggle to connect with her newborn child, and the dilemmas of mothering with a mental illness. She writes openly about her decision to abort her second pregnancy and her later decision to have a second child after all. She tells us about the searing decision to have elective double mastectomy and how her love for her husband was magically rekindled after she saw him catch fire in a chemical accident. It's not all mastectomies and chemical fires, though. Slater digs into the everyday challenges of family living, from buying a lemon of a car and fighting back menacing weeds to gaining weight and being jealous of the nanny. Beautifully written, often humorous, and always revealing, these stories scrutinize the complex questions surrounding family life, offering up sometimes uncomfortable truths.

"Capacious and rigorous. . . Blue Dreams, like all good histories of medicine, reveals healing to be art as much as science." --Parul Sehgal, New York Times "Terrific." --@MichaelPollan "Ambitious...Slater's depictions of madness are terrifying and fascinating." --USA Today "A vivid and thought-provoking synthesis." --Harper's A groundbreaking and revelatory history of psychotropic drugs, from "a thoroughly exhilarating and entertaining writer" (Washington Post). Although one in five Americans now takes at least one psychotropic drug, the fact remains that nearly seventy years after doctors first began prescribing them, not even their creators understand exactly how or why these drugs work--or don't work--on what ails our brains. Blue Dreams offers the explosive story of the discovery and development of psychiatric medications, as well as the science and the people behind their invention, told by a riveting writer and psychologist who shares her own experience with the highs and lows of psychiatric drugs. Lauren Slater's revelatory account charts psychiatry's journey from its earliest drugs, Thorazine and lithium, up through Prozac and other major antidepressants of the present. Blue Dreams also chronicles experimental treatments involving Ecstasy, magic mushrooms, the most cutting-edge memory drugs, placebos, and even neural implants. In her thorough analysis of each treatment, Slater asks three fundamental questions: how was the drug born, how does it work (or fail to work), and what does it reveal about the ailments it is meant to treat? Fearlessly weaving her own intimate experiences into comprehensive and wide-ranging research, Slater narrates a personal history of psychiatry itself. In the process, her powerful and groundbreaking exploration casts modern psychiatry's ubiquitous wonder drugs in a new light, revealing their ability to heal us or hurt us, and proving an indispensable resource not only for those with a psychotropic prescription but for anyone who hopes to understand the limits of what we know about the human brain and the possibilities for future treatments.

Through ten examples of ingenious experiments by some of psychology's most innovative thinkers, Lauren Slater traces the evolution of the century's most pressing concerns--free will, authoritarianism, conformity, and morality. Beginning with B. F. Skinner and the legend of a child raised in a box, Slater takes us from a deep empathy with Stanley Milgram's obedience subjects to a funny and disturbing re-creation of an experiment questioning the validity of psychiatric diagnosis. Previously described only in academic journals and textbooks, these often daring experiments have never before been narrated as stories, chock-full of plot, wit, personality, and theme.

Meredith Hall's moving but un sentimental memoir begins in 1965, when she becomes pregnant at sixteen. Shunned by her insular New Hampshire community, she is then kicked out of the house by her mother. Her father and stepmother reluctantly take her in, hiding her before they finally banish her altogether. After giving her baby up for adoption, Hall wanders recklessly through the Middle East, where she survives by selling her possessions and finally her blood. She returns to New England and stitches together a life that encircles her silenced and invisible grief. When he is twenty-one, her lost son finds her. Hall learns that he grew up in gritty poverty with an abusive father--in her own father's hometown. Their reunion is tender, turbulent, and ultimately redemptive. Hall's parents never ask for her forgiveness, yet as they age, she offers them her love. What sets Without a Map apart is the way in which loss and betrayal evolve into compassion, and compassion into wisdom.

As women, we know how important it is to take charge of our health care-to be informed and proactive. But too often we forget that our mental wellness is an integral part of our overall health. The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions, whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce. Drawing on the latest thinking in psychiatry and psychology, written for women of diverse backgrounds, The Complete Guide to Mental Health for Women begins with Part One, the life cycle, helping women understand the major issues and biological changes associated with young adulthood, middle age, and old age. Specific entries address the psychological importance of women's sexuality, relationships, motherhood, childlessness, trauma, and illness and discuss how social contexts, such as poverty and racism, inevitably affect mental health. Part Two explores specific mental disorders, including those, like postpartum depression, related to times when women are particularly vulnerable to mental illness. Part Three takes a closer look at biological treatments-including the use of antidepressants, and various types of psychotherapy-from cognitive behavioral treatments to EMDR and beyond. The Complete Guide to Mental Health for Women ends with a section on life enhancements-because the activities that help us live fuller, more vital lives are also essential to our mental health. The Complete Guide to Mental Health for Women * Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists * Helps women think through the psychological challenges inherent in the life cycle, from young adulthood through old age * Focuses on key life issues, from sexuality and relationships to trauma and racism * Provides important information on mental disorders, their biological treatments, and psychotherapeutic interventions * Includes a comprehensive list of psychotropic medications, targeted reading suggestions, crucial online resources, and support groups The Complete Guide to Mental Health for Women covers what every woman should know about: * Aging. What should I expect from menopause? What do I need to know about the benefits and risks of hormone therapy? * Pregnancy. How will becoming a mother change me? How do I overcome postpartum depression? * Childlessness. What if I don't want to be a mother? * Sexuality. Is a "female Viagra" the solution to women's sexual complaints? How does societal ambivalence about women's sexuality affect me? * Body Image and Eating Disorders. Are all eating disorders a reaction to societal pressures to be thin? * Polypharmacy. Why are some patients prescribed more than one type of psychotropic drug? Is this overmedicating? * Finding a Psychotherapist. How do I know if a therapist is right for me? And how do I know what type of therapy I need? * Anger. Why is it the most difficult emotion for many women to express? * EMDR. What exactly is EMDR? Is it a reputable therapy? * Depression and Anxiety. What do I need to know about psychopharmaceuticals? Does talk therapy help? * Complementary Treatments for Depression and Anxiety. Does St. John's Wort really work? What else might help?

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