# Table of Contents

Acknowledgements

Introduction

**Chapter 1: Schizophrenia & Other Psychotic Disorders**

Schizophrenia  
by Susan Salsman

Recovery as Discovery  
by Paolo Scotti

Understanding Health as a Continuum  
by Leslie Greenblat

Psychiatry and Oppression: A Personal Account of Compulsory Admission and Medical Treatment  
by Benjamin Gray

Powerful Choices: Peer Support and Individualized Medication Self-Determination  
by Corinna West

Schizoaffective Disorder  
Snapshots: The First Symptoms of Psychosis  
by Kristen B. Fowler

Why Having a Mental Illness is not like Having Diabetes  
by Anonymous

**Chapter 2: Mood Disorders**

Depression  
Noonday Demon  
by Andrew Solomon

Depression: Disease, Loneliness, Social Isolation, Suicide, Negative Thoughts  
by Bec Morrison

My Confession: My Life Had Come to a Stop  
by Leo Tolstoi

Willow Weep for Me: A Black Woman’s Journey through Depression  
by Meri Nana-Ama Danquah

I Wish I Had Gotten Help Sooner: My Struggle with Postpartum Depression  
by Marcie Ramirez

My Journey Through Postpartum Depression  
by Jessica Rodrigo-Dunican
Bipolar Disorder
Living with the Dragon: The Long Road to Self-Managemen of Bipolar II
by Peter Amsel

On Madness: A Personal Account of Rapid Cycling Bipolar Disorder
by Anonymous

Random Scribblings on Bipolar Disorder
by Michael Napiorkowski

An Unquiet Mind
by Kay Redfield Jamison

**Chapter 3: Anxiety Disorders**

Panic Disorder
You have anxiety?
by Kelly Orbison

Susan's Story
by Susan Ludeman

Phobias
On the Outside Looking In
by Daniela Grazia

Mysophobia
by Catherine Taylor

Obsessive Compulsive Disorder (OCD)
Flux
by Frank R. DeFulgentis

Rituals, Routines, and Recovery: Living with OCD
by Jared Kant with Martin Franklin and Linda Wasmer Andrews

Post traumatic Stress Disorder (PTSD)
Emotional Triangle
by Blazie Holling

Panic, Anxiety, PTSD, and My Experiences of Healing Through Multiple Avenues of Psychotherapy
by Catherine McCall

Shadow of the Sword
by Jeremiah Workman and John Bruning

**Chapter 4: Personality Disorders**

My Path to Recovery
by Melanie Green

A "Classic" Case of Borderline Personality Disorder
by Lynn Williams

Loud in the House of Myself
Chapter 5: Substance-Related Disorders

Goodbye Johnny Walker
by Stacy Pershall

Chapter 6: Eating Disorders

Dying by Inches
by Emily Troscianko

Big Little
by Priscilla Becker

Binging and Purging to Stay Alive
by Anonymous

Life with an Eating Disorder
by Laura Bette

Chapter 7: Impulse Control Disorders

The Numbers of My Obsession
by Mia Zamora

Memoirs of a Compulsive Firesetter
by Sarah Weaton

Dan's Story
by Anonymous

Chapter 8: Delirium, Dementia, and Amnestic and Other Cognitive Disorders

Before it is Too Late
by Jane McAllister

Poor Memory: A Case Report
by Malcolm L. Meltzer

Parkinson's: A Patient's View
by Sidney Dorros

Chapter 9: Somatoform and Factitious Disorders

A Psychosomatic Study of Myself by F. Wertham

Bigorexia: Bodybuilding & Muscle Dysmorphia
by Anonymous

Hypochondria
by Heather Menzies Jones

Sickened: The Memoir of a Munchasen by Proxy Childhood
by Julie Gregory
Chapter 10: Dissociative Disorders
Coping Strategies
by Ruth Dee
Family Talk
by Barbara Hope
Fractured Mind, One Heart?
by Robert B. Oxnam

Chapter 11: Sexual and Gender Identity Disorders
Paraphilies
The Armed Robbery Orgasm: A Lovemap Autobiography of Masochism
by Ronald Keys and John Money
Sexual Pain Disorders
Vaginismus: The Blessing of Botox
by Rachel
Gender Identity Disorders
A Rose in Bloom
by April Rose Schneider
Time for a Good Transgender Story
by Kam Wai Kui

Chapter 12: Sleep Disorders
An Insomniac's Slant on Sleep
by Gayle Greene
My Story of Narcolepsy
by Tricia Higgins

Chapter 13: Disorders Usually First Diagnosed in Infancy, Childhood, or Adolescence
Attention Deficit Hyperactivity Disorder (ADHD)
The Only Me That We Have Ever Known
by Katy Rollins
Tic Disorders
The Unwelcome Companion
by Rick Fowler
Searching for Answers
by Crystal Thomas
Pervasive Developmental Disorders
Communication Impairment
by John Elder Robison
Alien: A Story of Asperger's Syndrome
by Stephanie Mayberry
The Experience of Infantile Autism
by Tony W.