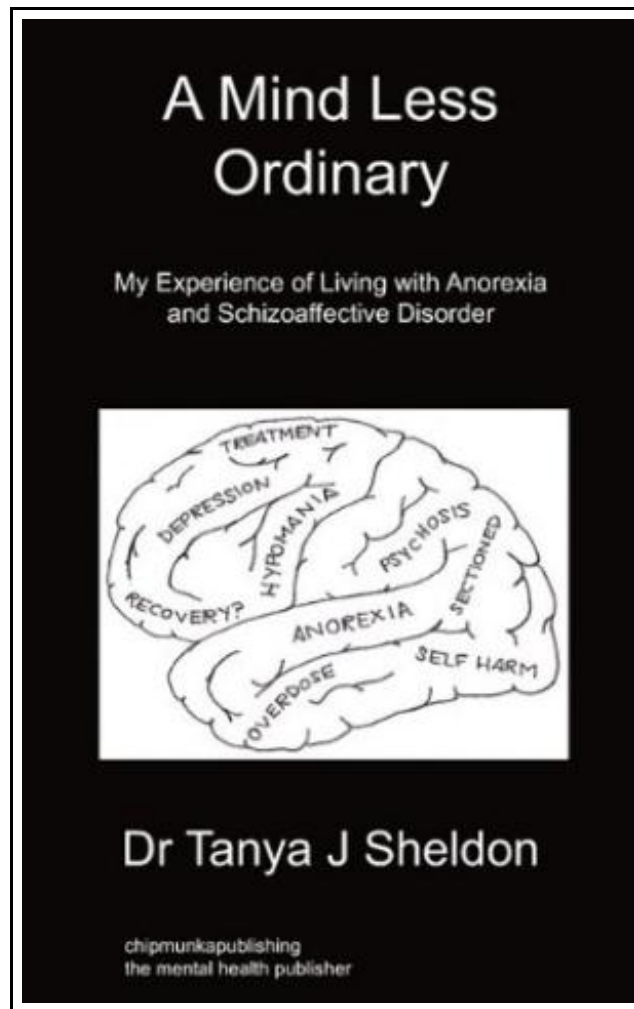


## A Mind Less Ordinary: My Experience of Living with Anorexia and Schizoffective Disorder (Paperback)



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## **A MIND LESS ORDINARY: MY EXPERIENCE OF LIVING WITH ANOREXIA AND SCHIZOAFFECTIVE DISORDER (PAPERBACK)**

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Chipmunkpublishing, United Kingdom, 2011. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description **A Mind Less Ordinary: My Experience of Living with Anorexia and Schizoaffective Disorder** is a book about my illness, but it is by no means a misery memoir . Instead, it is intended to help people who have not experienced mental health problems to understand what it is like to live through them. It is not written chronologically. I begin with a chapter in which I introduce myself; I finish with a summary of where I am in relation to my schizoaffective disorder and its treatment at present. The chapters in between form a series of essays about different aspects of my illness experience. Psychiatrists use a language called phenomenology to describe psychological symptoms. For example, I have periods of depression, periods of hypomania, and periods of psychosis. But what do those words really mean to a sufferer? That is the question which I seek to answer in my book, stretching the English language to explain as best as it is possible in mere words what each of these states of mind feels like. I have also devoted chapters to my teenage anorexia and to my difficulties with self-harm and suicidal behaviour, as well as to my hospitalisations and the various treatments which I have had both in the UK and in the United States. Although there are many people who suffer from schizoaffective disorder, I bring a unique perspective because I am also qualified as a doctor. My medical background has allowed me to have greater insight than I would have as a lay person, which has at times been helpful and has at other times undoubtedly made life more difficult. I explain how, as a...



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