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## File Type PDF Awakenings Oliver Sacks

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### KEY=SACKS - HUNTER MCKAYLA

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#### AWAKENINGS

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Pan Macmillan 'The story of a disease that plunged its victims into a prison of viscous time, and the drug that catapulted them out of it' - Guardian Hailed as a medical classic, and the subject of a major feature film as well as radio and stage plays and various TV documentaries, Awakenings by Oliver Sacks is the extraordinary account of a group of twenty patients. Rendered catatonic by the sleeping-sickness epidemic that swept the world just after the First World War, all twenty had spent forty years in hospital: motionless and speechless; aware of the world around them, but exhibiting no interest in it - until Dr Sacks administered the then-new drug, L-DOPA, which caused them, temporarily, to awake from their decades-long slumber . . .

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#### MIGRAINE

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#### UNDERSTANDING A COMMON DISORDER EXPANDED AND UPDATED

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Univ of California Press In recent years the bestselling Awakenings and The Man Who Mistook His Wife for a Hat have received great critical acclaim, but Oliver Sacks's readers may remember that he began his medical career working with migraine patients. In this, the latest edition of "Migraine," he returns to his first book and enriches it with additional case histories, new findings, and practical information on treatment. To define "migraine," suggests Oliver Sacks, one must embrace the dizzying variety of experiences of its sufferers. For some, the affliction features of a headache of monumental proportions. For others, there is no pain at all. Some attacks are triggered by weather, some intense light. Still others consist of intense light -- hallucinatory displays of dazzling loops, stars, and geometrics. "Migraine" is Sacks's brilliant examination of a debilitating ailment and the profound implications of neurological illness. Synthesizing his patients' case histories with 2,000 years of human research into the problem, he casts the migraine as exemplar of our psychological transparency, a complex biological response to external factors. Here is a classic meditation on the nature of health and malady, on the unity of mind and body. Here, too, is Sacks's discovery of how the migraine shows us, through hallucinatory displays, the elemental activity of the cerebral cortex -- and potentially, the self-organizing patterns of Nature itself. Enormously compelling, compassionate, and profound, Migraine offers comfort for sufferers -- and insight to all.

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#### A LEG TO STAND ON

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Pan Macmillan 'Oliver Sacks is a perfect antidote to the anaesthetic of familiarity. His writing turns brains and minds transparent' - Observer When Oliver Sacks, a physician by

profession, injured his leg while climbing a mountain, he found himself in an unusual position - that of patient. The injury itself was severe, but straightforward to fix; the psychological effects, however, were far less easy to predict, explain, or resolve: Sacks experienced paralysis and an inability to perceive his leg as his own, instead seeing it as some kind of alien and inanimate object, over which he had no control. *A Leg to Stand On* is both an account of Sacks' ordeal and subsequent recovery, and an exploration of the ways in which mind and body are inextricably linked.

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## THE 100 BEST NONFICTION BOOKS OF ALL TIME

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*100 Best Non Fiction Books* has its origins in the recent 2 year-long Observer serial which every week featured a work of non fiction). It is also a companion volume to McCrum's very successful *100 Best Novels* published by Galileo in 2015. The list of books starts in 1611 with the King James Bible and ends in 2014 with Elizabeth Kolbert's *The Sixth Extinction*. And in between, on this extraordinary voyage through the written treasures of our culture we meet Pepys' Diaries, Charles Darwin's *The Origin of Species*, Stephen Hawking's *A Brief History of Time* and a whole host of additional works.

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## THE MAN WHO MISTOOK HIS WIFE FOR A HAT

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[Pan Macmillan](#) **CELEBRATING FIFTY YEARS OF PICADOR BOOKS** If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self - himself - he cannot know it, because he is no longer there to know it. In this extraordinary book, Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognize everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities, and yet are gifted with unusually acute artistic or mathematical talents. If sometimes beyond our surface comprehension, these brilliant tales illuminate what it means to be human. A provocative exploration of the mysteries of the human mind, *The Man Who Mistook His Wife for a Hat* is a million-copy bestseller by the twentieth century's greatest neurologist. Part of the Picador Collection, a new series showcasing the best of modern literature.

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## ON THE MOVE

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### A LIFE

[Pan Macmillan](#) When Oliver Sacks was twelve years old, a perceptive schoolmaster wrote in his report: 'Sacks will go far, if he does not go too far'. It is now abundantly clear that Sacks has never stopped going . . . From its opening pages on his youthful obsession with motorcycles and speed, *On the Move* is infused with his restless energy. As he recounts his experiences as a young neurologist in the early 1960s, first in California and then in New York, where he discovered a long-forgotten illness in the back wards of a chronic hospital, as well as with a group of patients who would define his life, it becomes clear that Sacks's earnest desire for engagement has occasioned unexpected encounters and travels - sending him through bars and alleys, over oceans, and across continents. With unbridled honesty and humour, Sacks shows us that the same energy that drives his physical passions -bodybuilding, weightlifting, and swimming - also drives his cerebral passions. He writes about his love affairs, both romantic and intellectual, his guilt over leaving his family to come to America, his bond with his schizophrenic brother, and the writers and scientists - Thom Gunn, A. R. Luria, W. H. Auden, Gerald M. Edelman, Francis Crick - who influenced him. *On the Move* is the story of a brilliantly unconventional physician and writer - and of the man who has illuminated the many ways that the brain makes us human.

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## AWAKENINGS [BY] OLIVER SACKS

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### HALLUCINATIONS

[Pan Macmillan](#) Have you ever seen something that wasn't really there? Heard someone call your name in an empty house? Sensed someone following you and turned around to find nothing? Hallucinations don't belong wholly to the insane. Much more commonly, they are linked to sensory deprivation, intoxication, illness, or injury. In some conditions, hallucinations can lead to religious epiphanies or even the feeling of leaving one's own body. Humans have always sought such life-changing visions, and for thousands of years have used hallucinogenic compounds to achieve them. In *Hallucinations*, with his usual elegance, curiosity, and compassion, Dr Oliver Sacks weaves together stories of his patients and of his own mind-altering experiences to illuminate what hallucinations tell us about the organization and structure of our brains, how they have influenced every culture's folklore and art, and why the potential for hallucination is present in us all, a vital part of the human condition.

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## THE RIVER OF CONSCIOUSNESS

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[Pan Macmillan](#) Two weeks before his death, Oliver Sacks outlined the contents of *The River of Consciousness*, the last book he would oversee . . . The bestselling author of *On the Move*, *Musicophilia*, and *The Man Who Mistook His Wife for a Hat*, Sacks is known for his illuminating case histories about people living with neurological conditions at the far borderlands of human experience. But his grasp of science was not restricted to neuroscience or medicine; he was fascinated by the issues, ideas, and questions of all the sciences. That wide-ranging expertise and passion informs the perspective of this book, in which he interrogates the nature not only of human experience but of all life. In *The River of Consciousness*, Dr. Sacks takes on evolution, botany, chemistry, medicine, neuroscience, and the arts, and calls upon his great scientific and creative heroes - above all, Darwin, Freud, and William James. For Sacks, these thinkers were constant companions from an early age; the questions they explored - the meaning of evolution, the roots of creativity, and the nature of consciousness - lie at the heart of science and of this book. *The River of Consciousness* demonstrates Sacks's unparalleled ability to make unexpected connections, his sheer joy in knowledge, and his unceasing, timeless endeavor to understand what makes us human.

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## AND HOW ARE YOU, DR. SACKS?

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### A BIOGRAPHICAL MEMOIR OF OLIVER SACKS

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[Farrar, Straus and Giroux](#) The untold story of Dr. Oliver Sacks, his own most singular patient "[An] engrossing biographical memoir. This is Sacks at full blast: on endless ward rounds, observing his post-encephalitic patients . . . exulting over horseshoe crabs and chunks of Iceland spar." —Barbara Kiser, *Nature* The author Lawrence Weschler began spending time with Oliver Sacks in the early 1980s, when he set out to profile the neurologist for his own new employer, *The New Yorker*. Almost a decade earlier, Dr. Sacks had published his masterpiece *Awakenings*—the account of his long-dormant patients' miraculous but troubling return to life in a Bronx hospital ward. But the book had hardly been an immediate success, and the ruffled clinician was still largely unknown. Over the ensuing four years, the two men worked closely together until, for wracking personal reasons, Sacks asked Weschler to abandon the profile, a request to which Weschler acceded. The two remained close friends, however, across the next thirty years and then, just as Sacks was dying, he urged Weschler to take up the project once again. This book is the result of that entreaty. Weschler sets Sacks's brilliant table talk and extravagant personality in vivid relief, casting himself as a beanpole Sancho to Sacks's capacious Quixote. We see Sacks rowing and ranting and caring deeply; composing the essays that would form *The Man Who Mistook His Wife for a Hat*; recalling his turbulent drug-fueled younger days; helping his patients and exhausting his friends; and waging intellectual war against a medical and scientific establishment that failed to address his greatest concern: the spontaneous specificity of the individual human soul. And all the while he is pouring out a stream of glorious, ribald, hilarious, and often profound conversation that establishes him as one of the great talkers of the age. Here is the definitive portrait of Sacks as our preeminent romantic scientist, a self-described "clinical ontologist" whose entire practice revolved around the single fundamental question he effectively asked each of his patients: How are you? Which is to say, How do you be? A question which Weschler, with this book, turns back on the good doctor himself.

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## SEEING VOICES

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### A JOURNEY INTO THE WORLD OF THE DEAF

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[Pan Macmillan](#) 'Seeing Voices is both a history of the deaf and an account of the development of an extraordinary and expressive language' - *Evening Standard* Imaginative and insightful, *Seeing Voices* by Oliver Sacks offers a way into a world that is, for many people, alien and unfamiliar - for to be profoundly deaf is not just to live in a world of silence, but also to live in a world where the visual is paramount. In this remarkable book, Sacks explores the consequences of this, including the different ways in which the deaf and the hearing impaired learn to categorize their respective worlds - and how they convey and communicate those experiences to others.

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## EVERYTHING IN ITS PLACE

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### FIRST LOVES AND LAST TALES

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[Pan Macmillan](#) From the bestselling author of *On Gratitude* and *On the Move*. In this spirited volume, Oliver Sacks examines the many passions of his own life - both as a doctor engaged with the central questions of human existence, and as a polymath conversant in all the sciences. Why do humans need gardens? How, and when, does a physician tell his

patient she has Alzheimer's? What is social media doing to our brains? In several of the compassionate case histories collected here, Sacks considers for the first time the enigmas of depression, psychosis, and schizophrenia, and in others he returns to conditions that have long fascinated him: Tourette's syndrome, ageing, dementia, and hallucinations. In counterpoint to these elegant investigations of what makes us human, this volume also includes pieces that celebrate Sacks's love of the natural world - and his last meditations on life in the twenty-first century. Everything in Its Place gives us an intimate portrait of a master writer and thinker at work.

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## OAXACA JOURNAL

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Pan Macmillan Oliver Sacks, the bestselling author of *Awakenings* and *The Man Who Mistook His Wife for a Hat*, is most famous for his studies of the human mind: insightful and beautifully characterized portraits of those experiencing complex neurological conditions. However, he has another scientific passion: the fern . . . Since childhood Oliver has been fascinated by the ability of these primitive plants to survive and adapt in many climates. *Oaxaca Journal* is the enthralling account of his trip, alongside a group of fellow fern enthusiasts, to the beautiful province of Oaxaca, Mexico. Bringing together Oliver's endless curiosity about natural history and the richness of human culture with his sharp eye for detail, this book is a captivating evocation of a place, its plants, its people, and its myriad wonders. 'Light and fast-moving, unburdened by library research but filled with erudition' - *New Yorker*

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## THE MIND'S EYE

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Pan Macmillan How does the brain perceive and interpret information from the eye? And what happens when the process is disrupted? In *The Mind's Eye*, Oliver Sacks tells the stories of people who are able to navigate the world and communicate with others despite losing what many of us consider indispensable senses and abilities: the capacity to recognize faces, the sense of three-dimensional space, the ability to read, the sense of sight. For all of these people, the challenge is to adapt to a radically new way of being in the world - and *The Mind's Eye* is testament to the myriad ways that we, as humans, are capable of rising to this challenge. 'Oliver Sacks is a perfect antidote to the anaesthetic of familiarity. His writing turns brains and minds transparent' - *Observer*

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## GRATITUDE

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Pan Macmillan Oliver Sacks died in August 2015 at his home in Greenwich Village, surrounded by his close friends and family. He was 82. He spent his final days doing what he loved: playing the piano, swimming, enjoying smoked salmon - and writing . . . As Dr Sacks looked back over his long, adventurous life his final thoughts were of gratitude. In a series of remarkable, beautifully written and uplifting meditations, in *Gratitude* Dr Sacks reflects on and gives thanks for a life well lived, and expresses his thoughts on growing old, facing terminal cancer and reaching the end. I cannot pretend I am without fear. But my predominant feeling is one of gratitude. I have loved and been loved; I have been given much and I have given something in return; I have read and travelled and thought and written. I have had an intercourse with the world, the special intercourse of writers and readers. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure.

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## UNCLE TUNGSTEN

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## MEMORIES OF A CHEMICAL BOYHOOD

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Pan Macmillan *Uncle Tungsten* radiates all the delight and wonder of a boy's adventures, and is an unforgettable portrait of an extraordinary young mind. Oliver Sacks evokes, with warmth and wit, his upbringing in wartime England. He tells of the large science-steeped family who fostered his early fascination with chemistry. There follow his years at boarding school where, though unhappy, he developed the intellectual curiosity that would shape his later life. And we hear of his return to London, an emotionally bereft ten-year-old who found solace in his passion for learning. 'If you did not think that gallium and iridium could move you, this superb book will change your mind' - *The Times*

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## OLIVER SACKS

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**50 UPLIFTING AND AWAKENING LESSONS FROM OLIVER SACKS: OLIVER SACKS, OLIVER SACKS BOOK, OLIVER SACKS IDEAS, OLIVER SACKS WORDS, OLIVER SACKS**

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## LESSONS

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[Createspace Independent Publishing Platform](#) **Oliver Sacks: 50 Uplifting and Awakening Lessons from Oliver Sacks** Oliver Sacks is a well-known name in the medical and the literary field. A British neurologist and a famed author, Sacks was born in London in 1933. He received his education at the Queen's College, Oxford and moved to New York, after completing his medical training at San Francisco. He was fascinated with the incredible workings of the brain and wrote a number of books about his patients' strange neurological predicaments and conditions that were narrative and absorbing and explained the intricate mysteries of the mind. His books include *The Man Who Mistook His Wife for a Hat*, *Hallucinations* and *Musicophilia*. Sacks' writings have inspired many adaptations, which included the Oscar-nominated movie, "Awakenings." Dr. Sacks was also a skilled pianist, who penned about the bond between music and the mind in his book *Musicophilia*.

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## MUSICOPHILIA

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### TALES OF MUSIC AND THE BRAIN

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[Pan Macmillan](#) With an introduction by neuroscientist Daniel Glaser. With his trademark compassion and erudition, Dr Oliver Sacks examines the power of music through the individual experiences of patients, musicians, and everyday people. Among them: a surgeon who is struck by lightning and suddenly becomes obsessed with Chopin; people with 'amusia', to whom a symphony sounds like the clattering of pots and pans; and a man whose memory spans only seven seconds - for everything but music. Dr Sacks describes how music can animate people with Parkinson's disease who cannot otherwise move, give words to stroke patients who cannot otherwise speak, and calm and organize people who are deeply disoriented by Alzheimer's or schizophrenia. *Musicophilia* alters our conception of who we are and how we function, and shows us an essential part of what it is to be human.

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### AN ANTHROPOLOGIST ON MARS

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[Pan Macmillan](#) As with his previous bestseller, *The Man Who Mistook His Wife for a Hat*, in *An Anthropologist on Mars* Oliver Sacks uses case studies to illustrate the myriad ways in which neurological conditions can affect our sense of self, our experience of the world, and how we relate to those around us. Writing with his trademark blend of scientific rigour and human compassion, he describes patients such as the colour-blind painter or the surgeon with compulsive tics that disappear in the operating theatre; patients for whom disorientation and alienation - but also adaptation - are inescapable facts of life. 'An inexhaustible tourist at the farther reaches of the mind, Sacks presents, in sparse, unsentimental prose, the stories of seven of his patients. The result is as rich, vivid and compelling as any collection of short fictional stories' - *Independent on Sunday*

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### A KIND OF ALASKA

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### A PLAY

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[Samuel French](#)

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### THE ISLAND OF THE COLOUR-BLIND

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[Pan Macmillan](#) 'Sacks is rightly renowned for his empathy . . . anyone with a taste for the exotic will find this beautifully written book highly engaging' - *Sunday Times* Always fascinated by islands, Oliver Sacks is drawn to the Pacific by reports of the tiny atoll of Pingelap, with its isolated community of islanders born totally colour-blind; and to Guam, where he investigates a puzzling paralysis endemic there for a century. Along the way, he re-encounters the beautiful, primitive island cycad trees - and these become the starting point for a meditation on time and evolution, disease and adaptation, and islands both real and metaphorical in *The Island of the Colour-Blind*.

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## AWAKENINGS

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[Peter Smith Pub Incorporated](#) *Awakenings*--which inspired the major motion picture--is the remarkable story of a group of patients who contracted sleeping-sickness during the great epidemic just after World War I. Frozen for decades in a trance-like state, these men and women were given up as hopeless until 1969, when Dr. Oliver Sacks gave them the then-new drug L-DOPA, which had an astonishing, explosive, "awakening" effect. Dr. Sacks recounts the moving case histories of his patients, their lives, and the extraordinary transformations which went with their reintroduction to a changed world. Book jacket.

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**ON THE MOVE**

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**A LIFE**

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[Pan Macmillan](#) **An impassioned, tender and joyous memoir by the author of Musicophilia and The Man Who Mistook His Wife for a Hat.**

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**REACHING DOWN THE RABBIT HOLE**

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**EXTRAORDINARY JOURNEYS INTO THE HUMAN BRAIN**

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[Atlantic Books Ltd](#) **SHORTLISTED FOR THE 2016 BMA MEDICAL BOOK AWARDS** One of the world's leading neurologists reveals the extraordinary stories behind some of the brain disorders that he and his staff at the Harvard Medical School endeavour to treat. What is it like to try to heal the body when the mind is under attack? In this gripping and illuminating book, Dr Allan Ropper reveals the extraordinary stories behind some of the life-altering afflictions that he and his staff are confronted with at the Neurology Unit of Harvard's Brigham and Women's Hospital. Like Alice in Wonderland, Dr Ropper inhabits a place where absurdities abound: a sportsman who starts spouting gibberish; an undergraduate who suddenly becomes psychotic; a mother who has to decide whether a life locked inside her own head is worth living. How does one begin to treat such cases, to counsel people whose lives may be changed forever? Dr Ropper answers these questions by taking the reader into a world where lives and minds hang in the balance.

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**WEDNESDAY IS INDIGO BLUE**

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**DISCOVERING THE BRAIN OF SYNESTHESIA**

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[MIT Press](#) **How the extraordinary multisensory phenomenon of synesthesia has changed our traditional view of the brain. A person with synesthesia might feel the flavor of food on her fingertips, sense the letter "J" as shimmering magenta or the number "5" as emerald green, hear and taste her husband's voice as buttery golden brown. Synesthetes rarely talk about their peculiar sensory gift—believing either that everyone else senses the world exactly as they do, or that no one else does. Yet synesthesia occurs in one in twenty people, and is even more common among artists. One famous synesthete was novelist Vladimir Nabokov, who insisted as a toddler that the colors on his wooden alphabet blocks were "all wrong." His mother understood exactly what he meant because she, too, had synesthesia. Nabokov's son Dmitri, who recounts this tale in the afterword to this book, is also a synesthete—further illustrating how synesthesia runs in families. In Wednesday Is Indigo Blue, pioneering researcher Richard Cytowic and distinguished neuroscientist David Eagleman explain the neuroscience and genetics behind synesthesia's multisensory experiences. Because synesthesia contradicted existing theory, Cytowic spent twenty years persuading colleagues that it was a real—and important—brain phenomenon rather than a mere curiosity. Today scientists in fifteen countries are exploring synesthesia and how it is changing the traditional view of how the brain works. Cytowic and Eagleman argue that perception is already multisensory, though for most of us its multiple dimensions exist beyond the reach of consciousness. Reality, they point out, is more subjective than most people realize. No mere curiosity, synesthesia is a window on the mind and brain, highlighting the amazing differences in the way people see the world.**

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**INSOMNIAC CITY**

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**NEW YORK, OLIVER SACKS, AND ME**

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[Bloomsbury Publishing USA](#) **Amazon's Best Biographies and Memoirs of the Year List** A moving celebration of what Bill Hayes calls "the evanescent, the eavesdropped, the unexpected" of life in New York City, and an intimate glimpse of his relationship with the late Oliver Sacks. "A beautifully written once-in-a-lifetime book, about love, about life, soul, and the wonderful loving genius Oliver Sacks, and New York, and laughter and all of creation."--Anne Lamott Bill Hayes came to New York City in 2009 with a one-way ticket and only the vaguest idea of how he would get by. But, at forty-eight years old, having spent decades in San Francisco, he craved change. Grieving over the death of his partner, he quickly discovered the profound consolations of the city's incessant rhythms, the sight of the Empire State Building against the night sky, and New Yorkers themselves, kindred souls that Hayes, a lifelong insomniac, encountered on late-night strolls with his camera. And he unexpectedly fell in love again, with his friend and neighbor, the writer and neurologist Oliver Sacks, whose exuberance--"I don't so much fear death as I do wasting life," he tells Hayes early on--is captured in funny and touching vignettes throughout. What emerges is a

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portrait of Sacks at his most personal and endearing, from falling in love for the first time at age seventy-five to facing illness and death (Sacks died of cancer in August 2015). *Insomniac City* is both a meditation on grief and a celebration of life. Filled with Hayes's distinctive street photos of everyday New Yorkers, the book is a love song to the city and to all who have felt the particular magic and solace it offers.

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## MAN WHO FORGOT HOW TO READ

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### A MEMOIR

[HarperCollins Canada](#) One morning, prolific and bestselling crime novelist Howard Engel awoke to discover he had lost the ability to read. He had experienced a stroke that left him with the rare condition known as alexia sine agraphia—he could write, but as soon as he committed his thoughts to the page, he no longer knew what they were. Other effects of the stroke emerged over time, but none were as dramatic and devastating as this one for a man who made his living working with words. *The Man Who Forgot How to Read* is the warm, insightful and fascinating story of Engel's fight to overcome a condition that threatened to end his career. Engel's remarkable triumph over his affliction—he was finally able to write again and produced another bestselling Benny Cooperman detective novel, *Memory Book*—will inspire his fans and fascinate anyone interested in the mysteries of the human brain.

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### EMMELINE

[Simon and Schuster](#) From the New York Times bestselling author of *Looking for Mr. Goodbar*—a haunting tale of forbidden love set against the backdrop of the American industrial revolution. This is the story of Emmeline Mosher, who, before her fourteenth birthday, was sent from her home on a farm in Maine to support her family by working in a cotton mill in Massachusetts. So begins the sixth novel by the author of *Looking for Mr. Goodbar*. But nothing Judith Rossner has written can prepare the reader for this haunting love story of a young girl thrust into one of America's early industrial towns, then drawn into a love affair for which she is far from ready. In *Emmeline*, Rossner brings us the intensity, grasp of character, and storytelling ability that have distinguished her novels of modern women.

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### THE NIGHT OF THE GUN

[Simon and Schuster](#) David Carr was an addict for more than twenty years -- first dope, then coke, then finally crack -- before the prospect of losing his newborn twins made him sober up in a bid to win custody from their crack-dealer mother. Once recovered, he found that his recollection of his 'lost' years differed -- sometimes radically -- from that of his family and friends. The night, for example, his best friend pulled a gun on him. 'No,' said the friend (to David's horror, as a lifelong pacifist), 'It was you that had the gun.' Using all his skills as an investigative reporter, he set out to research his own life, interviewing everyone from his parents and his ex-partners to the policemen who arrested him, the doctors who treated him and the lawyers who fought to prove he was fit to have custody of his kids. Unflinchingly honest and beautifully written, the result is both a shocking account of the depths of addiction and a fascinating examination of how -- and why -- our memories deceive us. As David says, we remember the stories we can live with, not the ones that happened.

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### BRAIN TRAINING

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#### BUILD SPEED, AGILITY, AND MEMORY FOR BETTER BRAIN POWER

[Penguin](#) *Brain Training* is an easy-to-digest collection of puzzles and tips to help exercise the brain and keep the cognitive faculties razor-sharp. *Brain Training* covers key areas of brain function, including memory, perception, problem-solving, verbal reasoning, and the body (how diet, exercise, meditation and other physical and mental fillips can raise brainpower). Each chapter then concentrates on a specific brain function, beginning with a lively explanation of how it works and then offers the most effective prescriptions available to exercise that particular mental function. For those who are struggling with memory, those having trouble learning new things, or those facing the pressures of exams - in fact, by anyone who wishes to maximize their cognitive potential - *Brain Training* is an indispensable resource to get the flabbiest brain fighting fit once again.

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### CITY OF BONES

On a desert-like planet two men hunt for relics they sell to a ruling race which needs them for its power. One day the hunters discover for themselves what that power is. By the

author of *The Element of Fire*.

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## **THOMAS MERTON'S AMERICAN PROPHECY**

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[SUNY Press](#) Thomas Merton was one of the most significant American spiritual writers of the twentieth century. His autobiography, *The Seven Storey Mountain*, published shortly after the Second World War, inspired an entire generation to reconsider the materialist preoccupations of consumer society. Twenty years later, his essays on nonviolence, contemplation, and Zen provided the most telling orthodox religious response to the New Left's radical critique of post-industrial society. In *Thomas Merton's American Prophecy*, Robert Inchausti provides a succinct summary and original interpretation of Merton's contribution to American thought. More than just a critical biography, this book lifts Merton out of the isolation of his monastic sub-culture and brings him back into dialogue with contemporary secular thinkers. In the process, it reopens one of the roads not taken at that fateful, cultural crossroads called "The Sixties". Inchausti presents Merton not as the spokesman for any particular group, cause, or idea, but rather as the quintessential American outsider who defined himself in opposition to the world, then discovered a way back into dialogue with that world and compassion for it. As a result, Merton was the harbinger of a still yet to be realized eschatological counter-culture: the unacknowledged precursor, alternative, and heir to Norman O. Brown's defense of mystery in the life of the mind.

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## **GRATITUDE**

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[Pan Macmillan](#) Oliver Sacks died in August 2015 at his home in Greenwich Village, surrounded by his close friends and family. He was 82. He spent his final days doing what he loved: playing the piano, swimming, enjoying smoked salmon - and writing. As Dr Sacks looked back over his long, adventurous life his final thoughts were of gratitude. In a series of remarkable, beautifully written and uplifting meditations, in *Gratitude* Dr Sacks reflects on and gives thanks for a life well lived, and expresses his thoughts on growing old, facing terminal cancer and reaching the end. I cannot pretend I am without fear. But my predominant feeling is one of gratitude. I have loved and been loved; I have been given much and I have given something in return; I have read and travelled and thought and written. I have had an intercourse with the world, the special intercourse of writers and readers. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure.

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## **A FIRST-RATE MADNESS**

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### **UNCOVERING THE LINKS BETWEEN LEADERSHIP AND MENTAL ILLNESS**

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

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## **MIGRAINE**

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[Pan Macmillan](#) 'A mine of treasures, a source of visions, a microcosm of human experience and suffering, the philosopher's stone: *Migraine* is a remarkable achievement' - *Sunday Telegraph*. *Migraine* is an age-old - the first recorded instances date back over two thousand years - and often debilitating condition, affecting a 'substantial minority' of the population across the globe. In *Migraine*, Oliver Sacks offers at once a medical account of its occurrence and management; an exploration of its physical, physiological, and psychological underpinnings and consequences; and a meditation on the nature and experience of health and illness.

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## **I LOVE ME**

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### **A GUIDE TO BEING YOUR OWN BEST FRIEND**

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[HarperCollins Australia](#) Bev Aisbett, who has helped thousands of Australians find a way out of depression and anxiety, now shows you how to find the most loyal friend of all ...YOU!

Do you feel that life has left you out in the cold? Do you feel unloved, unwanted or overlooked? Do you reach out to others for support only to find that they leave you disappointed or dissatisfied? There are times in our lives when we seem to have no-one in our corners, and so we feel depressed, lonely, hurt or angry. But there is someone to turn to - if you know how. Someone you can trust and rely on, no matter what: yourself!

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## **THE MEANING OF RECOGNITION**

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### **ESSAYS 2001-2005**

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Pan Macmillan Literary critic, cultural commentator, TV personality, journalist, poet, political analyst, satirist and Formula One fan: Clive James is a man (and master) of many talents, and the essays collected in *The Meaning of Recognition* are testament to that fact. Whether discussing Bing Crosby, Bruno Schulz or Shakespeare, he manages to prioritize style and substance simultaneously, his tone never less than pitch-perfect, his argument always considered. With each phrase carefully crafted and each piece offering cause for thought, the resulting volume - which takes the reader from London to Bali, theatre to library, from pre-election campaigning to sitting in front of the TV at home, watching *The Sopranos* and *The West Wing* - is remarkable not only for its range and insight, but also its intimacy and honesty. A contemporary everyman, James is also unmistakably himself, and *The Meaning of Recognition* shows him at his witty, learned - and heartfelt - best. His other essay collections include *The Crystal Bucket*, *The Dreaming Swimmer*, *Snakecharmers in Texas* and *Even as We Speak*.

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## **SPIRITUAL LITERACY**

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### **READING THE SACRED IN EVERYDAY LIFE**

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Simon and Schuster A treasury of inspirational readings, accompanied by personal reflections and meditations, features works by Helen Keller, Barbara Kingsolver, Thomas Aquinas, and others on such themes as nature, relationships, creativity, and work

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## **INCONVENIENT PEOPLE**

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### **LUNACY, LIBERTY AND THE MAD-DOCTORS IN VICTORIAN ENGLAND**

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Random House This highly original book brilliantly exposes the phenomenon of false allegations of lunacy and the dark motives behind them in the Victorian period. Gaslight tales of rooftop escapes, men and women snatched in broad daylight, patients shut in coffins, a fanatical cult known as the Abode of Love... The nineteenth century saw repeated panics about sane individuals being locked away in lunatic asylums. With the rise of the 'mad-doctor' profession, English liberty seemed to be threatened by a new generation of medical men willing to incarcerate difficult family members in return for the high fees paid by an unscrupulous spouse or friend. Sarah Wise uncovers twelve shocking stories, untold for over a century and reveals the darker side of the Victorian upper and middle classes - their sexuality, fears of inherited madness, financial greed and fraudulence - and chillingly evoke the black motives at the heart of the phenomenon of the 'inconvenient person.' 'A fine social history of the people who contested their confinement to madhouses in the 19th century, Wise offers striking arguments, suggesting that the public and juries were more intent on liberty than doctors and families' *Sunday Telegraph*