

# Understanding Health Conditions through Memoirs

## Anoka Technical College Library

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*"Autobiography may be the preeminent kind of American expression."*

Henry James

### Abuse/Addiction

"Child abuse casts a shadow the length of a lifetime." Herbert Ward

"Drugs have taught an entire generation of American kids the metric system." P.J. O'Rourke

*A Child Called "It."* Pelzer, David J. PBK Pel

*Girlbomb: A Halfway Homeless Memoir.* Erlbaum, Janice. HV1437.N5 E75 2007.

*Smashed: Story of a Drunken Girlhood.* Zailckas, Koren. PBK Zak 2006.

*The Glass Castle: A Memoir.* Walls, Jeannette. PBK Wal 2005.

### Anorexia and Bulimia

"I always felt that anorexia was the form of breakdown most readily available to adolescent girls." Kate Beckinsale

*An Unquiet Mind.* Jamison, Kay R. RC513.J363 1996.

*Tell Me I'm Here.* Deveson, Anne. RC514.D43 1992.

*Wasted: A Memoir of Anorexia and Bulimia.* Hornbacher, Marya. RC552.A5 H67 1999.

### Anxiety

"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." Arthur Somers Roche

*The Insanity File The Case of Mary Todd Lincoln.* Neely, Mark E. [[Electronic Books.](#)] 1993.

### Attention Deficit Disorder

"ADD is like going through life carrying a one man band contraption, with a broken strap." Julia Smith-Ruetz

*Only a Mother Could Love Him: ADD, Attention Deficit Disorder.* Polis, Benjamin. LC4713.2 .P655 2001.

## Alzheimer's Disease

"In Alzheimer's [disease] the mind dies first: Names, dates, places-the interior scrapbook of an entire life-fade into mists of nonrecognition." Matt Clark

*This Mind Inside Isn't Me.* Layton, Annamae. RC523 .L395 1992

## Asperger's Syndrome/Autism

"One out of six women are toxic with mercury. Mercury comes out of coal plants and chlorine plants. I am toxic, I deal with symptoms, children are born with, you know, autism - there is an epidemic in this country. This is like, the air that we breath." Daphne Zuniga

*Look Me in the Eye.* Robison, John Elder. RC553 .A88 R635 2008.

*Thinking in Pictures: and Other Reports from My Life with Autism.* Grandin, Temple. RC553.A88 G74 1996

## Bipolar Disorder

"I'm fine, but I'm bipolar. I'm on seven medications, and I take medication three times a day. This constantly puts me in touch with the illness I have. I'm never quite allowed to be free of that for a day. It's like being a diabetic." Carrie Fisher

*His Bright Light: The Story of Nick Traina.* Steel, Danielle. RC516.S78 2000.

*Manic: A Memoir.* Cheney, Terri. RC516.C48 2008.

## Cancer

"An estimated 2 million American women will be diagnosed with breast or cervical cancer this decade and screening could prevent up to 30% of these deaths for women over 40." Matthew Lesko

*Autobiography of a Face.* Grealy, Lucy. PD661.G74 A3 2003.

*Cancer is a Bitch: Or, I'd Rather be having a Midlife Crisis.* Baker, Gail Konop. RC280.B8 B347 2008.

*Five Lessons I Didn't Learn from Breast Cancer (And the One Big One I Did.)* Lewis, Shelley. RC280.B8 L383 2008.

*It's Not About the Bike: My Journey Back to Life.* PBK Arm. 2001

*Lance Armstrong's War: One Man's Battle Against Fate, Fame, Love, Death, Scandal, and a Few Other Rivals on the Road to the Tour de France.* Coyle, Daniel. GV1051.A76 C69 2005.

*My Healing From Breast Cancer.* Joseph, Barbara. [[Electronic Book](#).] 1996.

*Stitches.* Small, David. Illustrated. PN6727.S54465 S75 2009

## Childhood into Adulthood

“With any child entering adolescence, one hunts for signs of health, is desperate for the smallest indication that the child's problems will never be important enough for a television movie.” Nora Ephron

*Facing the Lion.* Lekuton, Joseph. DT433.545.M33 L45 2003.

*Fun Home: A Family Tragicomic.* Bechdel, Alison. Illustrated. PN6727.B3757 Z46 2007b

*The Impostor's Daughter.* Sandell, Laurie. Illustrated. PN4874.S2687 A3 2009

*Running with Scissors: A Memoir.* Burroughs, Augusten. PBK Bur 2002.

## Depression

“I start to think there really is no cure for depression, that happiness is an ongoing battle, and I wonder if it isn't one I'll have to fight for as long as I live. I wonder if it's worth it.” Elizabeth Wurtzel

*Composing Myself: A Journey Through Postpartum Depression.* Shaw, Fiona. RG852.S5 1998.

*The Beast: A Journey Through Depression.* Thompson, Tracy. RC537.T48 1996.

*The Year of Magical Thinking.* Didion, Joan. PS3554.I33 Y43 2007.

## Hard of Hearing/Deaf Culture

“Maybe my way of communicating through sign made me more in tune with my body and how it moved. Who knows? I just know when I saw a stage for the first time, I wanted to be on it.” Marlee Matlin

*Alandra's Lilacs.* Bowers, Tressa. [Electronic Book] 1999.

*Train Go Sorry.* Cohen, Leah Hager. HV2561.N72 N35 1999

*What's That Pig Outdoors? A Memoir of Deafness.* Kisor, Henry. HV2534.K57 A3 1991b

## Heart

“Coronary heart disease is a silent disease and the first manifestation frequently is sudden death.” Herman Hellerstein

*Sick Girl.* Silverstein, Amy. RD598.35.T7 S58 2007.

## OCD

“Habit and routine have an unbelievable power to destroy.” Henri de Lubac

*Passing for Normal: A Memoir of Compulsion.* Wilensky, Amy S. RC533.W54 A3 2000.

*Saving Sammy.* Maloney, Beth Allison. QP370 .M37 2009.

## Medical

“Diagnosis is not the end, but the beginning of practice.” Martin H. Fischer

*Complications: A Surgeon's Notes on an Imperfect Science.* Gawande, Atul. RD27.35.G39 A3 2002.

## Neurological Disorder

“A survey of over 33,000 households released shows that 40 percent more Americans live with paralysis and over five times the number of Americans live with spinal cord injury than previously estimated.”  
Christopher and Dana Reeve Foundation

*The Best Seat in the House: How I Woke Up One Tuesday and was Paralyzed for Life.* Rucker, Allen. RC406.P3 R78 2007.

## Parkinson's Disease

“You've probably read in People that I'm a nice guy - but when the doctor first told me I had Parkinson's, I wanted to kill him.” Michael J. Fox

*A Life Shaken, My Encounter with Parkinson's Disease.* Havemann, Joel.[ [Electronic Book.](#)] 2002.

*Always Looking UP: The Adventures of an Incurable Optimist.* Fox, Michael J. PN2308.F69 A3 2009.

## Schizophrenia

“The problem is that you have a disease, but the disease is abnormal integrity, loyalty to a view of the world that the schizophrenic is willing to stake his life on.” Dr. Carl Whitaker

*A Beautiful Mind: The Life of Mathematical Genius and Nobel Laureate John Nash.* Nasar, Sylvia. PBK Nas 2001.

*Conquering schizophrenia: A Father, His Son, and a Medical Breakthrough.* Wyden, Peter. RC514.W93 1998.

*The Quiet Room: A Journey Out of the Torment of Madness.* Schiller, Lori. RC514.S332 1996.

## Vision Loss

“Blindness or low vision affects approximately 1 in 28 Americans older than 40 years.” (Eye Disease Prevalence Research Group, 2004).

*Out of the Corner of My Eye: Living with Vision Loss in Later Life.* Ringgold, Nicolette P. RE661.D3 R56 1991

## Wartime Survival

"We shall draw from the heart of suffering itself the means of inspiration and survival." Winston Churchill

*Home Is Somewhere Else Autobiography in Two Voices.* Furst, Desider. [[Electronic Books.](#)] 1994.

*Persepolis.* Satrapi, Marjane. Illustrated. PBK Sat 2003

*The Translator: A Tribesman's Memoir of Darfur.* Hari, Daoud. DT159.6.D27 H38 2008

*They Poured Fire on Us From the Sky: The Story of Three Lost Boys from Sudan.* Ajak, Benjamin; Deng, Benson; Deng, Alephonsian; and Judy Bernstein. DT157.63 .D46 2005.

*What is What: The Autobiography of Achak Deng.* Eggers, Dave. PBK Egg 2007.