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De Kickbokstherapeut Uitgever Repro & Design

From the Sunday Times bestseller comes a warm, tender and utterly hilarious story about love and betrayal ‘ The feeling you get when you read a Milly Johnson book should be bottled and made available on the NHS ’ Debbie Johnson Love can sting. Or make you fly ... Romance writer and single mum Stevie Honeywell has only weeks to go to her wedding when her fiancé Matthew runs off with her glamorous new friend Jo MacLean. It feels like history repeating itself for Stevie, but this time she is determined to win back her man. She isn't going to act as he might expect. She isn't going to wail and dig her heels in, she is simply going to pretend to let him go whilst she pursues a mad course of dieting, exercising and self-improvement. And it feels like history is repeating itself for Adam MacLean too, who is also determined to win his lady, Jo, back with the same basic psychological tactics. Then he is going to initiate his master plan: Getting together with Stevie to drive Jo wild with jealousy. So, like the Scottish country jig 'The Birds and the Bees', the couples all change partners and learn some revealing truths about each other along the way. But what happens when Adam's master plan actually starts to work? And just who will Stevie be dancing with when the music stops? Praise for Milly Johnson: 'Every time you discover a new Milly book, it 's like finding a pot of gold' heat 'A glorious, heartfelt novel' Rowan Coleman ‘ Absolutely loved it. Milly's writing is like getting a big hug with just the right amount of bite underneath. I was rooting for Bonnie from the start' Jane Fallon ‘ Bursting with warmth and joie de vivre ’ Jill Mansell ‘ Warm, optimistic and romantic ’ Katie Fford **Paaz** Amazon Publishing

Omnibus: I love myself... and the feeling is mutual/God is confused, He thinks He's Pieter I love myself... and the feeling is mutual Pieter Overduin (Rotterdam, 1969) has suffered from manic-depression for over ten years now. During that time he has kept a diary, consisting of short fragments from his daily life. Probing, moving and at times hilariously funny, Mr Overduin writes about the first signs of the illness and the way he has dealt with it since then. He went through very difficult times for a considerable amount of time but after that he managed to pick himself up again. He also shows what effect the illness had on his family, how the medication affected him and how it enables him to lead an independent life. But without the support of the people closest to him, he would not have made it. God is confused, He thinks He's Pieter Spring, 2004. Pieter enters his publisher's office. 'I've got a new manuscript.' 'Oh no, Pieter, please tell me it's not about manic-depression again.' 'It is.' 'Then it must be very special.' 'It is.' 'In what way?' 'It includes personal accounts of people who are involved in my life.' 'About their feelings and thoughts during your manic episodes?' 'Exactly.' 'That must be very confronting!' 'It is. Why don't you read it and find out.' Again, Pieter Overduin has written a very interesting book. He describes how he suffered from a manic episode after the publication of his first book, in which he believed himself to be Gandhi and God, respectively. The personal accounts of his family, friends and former colleagues also show the other side, how a manic-depressive's illness affects the people closest to him. To them, it feels like a life sentence as well. Just like he did with his first book I love myself... and the feeling is mutual, Pieter has written a fascinating and valuable work. It's written from the heart and very funny.

Naar omstandigheden nogal slecht Heyne Verlag

Shakespeare’s tragic plays, Mozart’s sublime symphonies, Einstein’s revolutionary theories—how did these geniuses create such magnificent and highly original works? Were their brains different from those of ordinary people? Using modern neuroscience together with first-person accounts of creative breakthroughs from artists and scientists such as Mozart, Henri Poincaré, and Neil Simon, The Creative Brain illuminates where extraordinary creativity comes from. Acclaimed brain scientist Nancy Andreasen proposes that, due to enriched connections between certain areas of the brain, geniuses are able to tap into the unconscious mind in ways that most of us can’t. She also explores the link between creativity and mental illness, and she shows how all of us can enhance our creative potential through mental exercises. Clearly and accessibly written, The Creative Brain is a fascinating investigation into the mystery of human genius.

Praktijkboek slapeloosheid in de ggz Lannoo Meulenhoff - Belgium

The perfect gift for baseball fans, now with a new epilogue by author R.A. Dickey, winner of the 2012 Cy Young award. "An astounding memoir—haunting and touching, courageous and wise."—Jeremy Schaap, bestselling author, Emmy award-winning journalist, ESPN In 1996, R.A. Dickey was the Texas Rangers' much-heralded No. 1 draft choice. Then, a routine physical revealed that his right elbow was missing its ulnar collateral ligament, and his lifelong dream—along with his \$810,000 signing bonus—was ripped away. Yet, despite twice being consigned to baseball's scrap heap, Dickey battled back. Sustained by his Christian faith, the love of his wife and children, and a relentless quest for self-awareness, Dickey is now the starting pitcher for the Toronoto Blue Jays (he was previously a star pitcher for the New York Mets) and one of the National League's premier players, as well as the winner of the 2012 Cy Young award. In Wherever I Wind Up, Dickey eloquently shares his quintessentially American tale of overcoming extraordinary odds to achieve a game, a career, and a life unlike any other.

Glee Grand Central Publishing

AS FEATURED ON BBC RADIO 4 Winner of the 2021 BPS Popular Science Book Award 'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal

and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

Wherever I Wind Up Grove Press

My Wounded Heart tells the heart-breaking story of a gifted Jewish doctor, the mother of five children, who, after being divorced by her Aryan husband, is arrested on an absurd charge and sent to a corrective labour camp in 1942. Lilli was a prolific letter writer and miraculously almost all her letters to her children and friends, together with a huge number of their letters to her (smuggled out of the camp at Breitenau before she was sent to Auschwitz), survived the Second World War and only came to light on the death of her son in 1998. In the letters and in Martin Doerry's superb commentary, we see the deterioration of a whole country through the eyes of an ordinary family driven asunder by pressure from the Nazi regime. We see Lilli's initial optimism and love of her husband begin to crack. We see her trying to support and run the family home from Breitenau camp, but relying totally on her twelve-year-old daughter, Ilse. And we see the difficulties for the children of living with their father's mistress, now his wife, after a bombing raid destroys the family home. And perhaps most moving of all, we see Ilse's heroic attempts to meet her mother, even though it means going into the labour camp itself, and Lilli's courage in the face of her inevitable end.

Ladders naar het licht Atlas Contact

The classic novel about a young woman's struggle against madness, now a Holt Paperback, with a new afterword by the author Hailed by The New York Times as "convincing and emotionally gripping" upon its publication in 1964, Joanne Greenberg's semiautobiographical novel stands as a timeless and unforgettable portrayal of mental illness. Enveloped in the dark inner kingdom of her schizophrenia, sixteen-year-old Deborah is haunted by private tormentors that isolate her from the outside world. With the reluctant and fearful consent of her parents, she enters a mental hospital where she will spend the next three years battling to regain her sanity with the help of a gifted psychiatrist. As Deborah struggles toward the possibility of the "normal" life she and her family hope for, the reader is inexorably drawn into her private suffering and deep determination to confront her demons. A modern classic, I Never Promised You a Rose Garden remains every bit as poignant, gripping, and relevant today as when it was first published.

The Falling in Love Montage Nieuw Amsterdam

In the words of bestselling author Susan Vreeland, “ Renate Dorrestein knows how to chill her readers with tragedy and then melt their hearts with forgiveness. ” A Heart of Stone is a story of love, fate, and survival that plumbs the undercurrents of family life with passion and skin-prickling suspense. Growing up with her adored siblings in a rambling house in Holland, clever, precocious Ellen has an idyllic childhood suffused with Americana from her parents ’ news-clipping service—from Coca-Cola to Kissinger to Neil Armstrong ’ s first step on the moon. But amid the happiness lies terror and unimaginable heartbreak and a twelfth birthday that haunts her still. Twenty-five years later, as Ellen tries to make sense of her adulthood, she brilliantly captures her loss and longings and her struggles to dispel the ghosts of her past. “ A stunning novel about the scorching legacy of loss. ” —Time “ A striking and finely tuned novel. ” -The New York Times

Diary Of Dorkius Maximus HarperCollins

Dorkius Maximus is a young boy growing up in ancient Rome. This hilarious diary recounts his exploits as, desperate to become a great Roman hero, Dorkius enlists the help of his father's friend, Stoutus, to teach him the noble art of fighting. But heroism doesn't come naturally to Dorkius. Plus, his dad doesn't listen to him, his friends pick on him, and his mum is more interested in her sacred chickens. Dorkius knows there's a mighty warrior inside him, just waiting to get out ... isn't there? Humorously illustrated by Andrew Pinder, this book will delight any child who would like to get a taste of life as an ancient geek.

UP / druk 1 Overamstel Uitgevers

Don Tillman, professor of genetics, has never been on a second date. He is a man who can count all his friends on the fingers of one hand, whose lifelong difficulty with social rituals has convinced him that he is simply not wired for romance. So when an acquaintance informs him that he would make a "wonderful" husband, his first reaction is shock. Yet he must concede to the statistical probability that there is someone for everyone, and he embarks upon The Wife Project. In the orderly, evidence-based manner with which he approaches all things, Don sets out to find the perfect partner. He sets up a project designed to find him the perfect wife, starting with a questionnaire that has to be adjusted a little as he goes along. She will be punctual and logical, most definitely not a barmaid, a smoker, a drinker, or a late-arriver. Then he meets Rosie Jarman, who is everything he's not looking for in a wife.

Rosie is all these things. She is also beguiling, fiery, intelligent, and on a quest of her own. She is looking for her biological father, a search that a certain DNA expert might be able to help her with. Don's Wife Project takes a back burner to the Father Project and an unlikely relationship blooms, forcing the scientifically minded geneticist to confront the spontaneous whirlwind that is Rosie, and the realization that love is not always what looks good on paper

Summer House with Swimming Pool Hogarth

Als Emma van de ene op de andere dag opgenomen wordt op de paaz, weet ze é én ding zeker: hier is een fout gemaakt. Ze heeft namelijk een leuke baan, een geweldige vriend en een goed leven, dus dat ze dood wil kan dan toch geen probleem zijn? Het is het begin van Emma's zoektocht door de absurde wereld van de psychiatrische kliniek met al haar regels, pillen en diagnoses - een zoektocht naar de uitgang, maar boven alles een zoektocht naar zichzelf. Tijdens haar reis langs vreemde pati ë nten en nog vreemdere therapeuten, depressieve kerstballen en onverwachte vriendschappen, begint Emma te beseffen dat ze hier niet voor niets zit, en dat zij de enige is die kan bepalen of, maar vooral ook h ó é ze ooit de paaz weer verlaat. Zoals J.J. Voskuil met zijn romancyclus Het bureau het kantoorleven heeft vastgelegd, zo nauwgezet registreert Van der Meer de praktijk van een psychiatrisch ziekenhuis. - Wim Brands, VPRO Boeken

The Story of Beautiful Girl Chronicle Books

Myrthe f ü hlt sich großartig. Alles spricht doch daf ü r, dass ihre diagnostizierte Depression der Vergangenheit angeh ö rt, auch wenn sie sich mit ein paar Tablettenvorr ä ten f ü r den schlimmsten Fall gern alle M ö glichkeiten offenhalten m ö chte. Beschwingt und mit einem breiten L ä cheln macht sie sich zu ihrem vermeintlich letzten Gespr ä ch mit ihrer Psychiaterin auf – und landet zum zweiten Mal innerhalb weniger Jahre in der psychiatrischen Abteilung eines Krankenhauses. So hat sich Myrthe das ganz und gar nicht vorgestellt. Mit dem jungen Psychiater Dr. Panjani macht sie sich zun ä chst widerwillig auf die Suche nach dem Ursprung ihrer Probleme und der richtigen Diagnose (Asperger-Syndrom und Bipolare St ö rung). Dabei wirft sie einen humorvollen Blick in das Innere einer offenen Station und sorgt f ü r ein schwungvolles Leseerlebnis. Lesenswert, nicht nur f ü r Psychiatrie-Erfahrenen und ihnen Nahestehende!

Counterpoint Overamstel Uitgevers

'UP is stille pijn die zichtbaar wordt; rauw, confronterend en hartverscheurend mooi!' Isa Hoes 'Heb ik dan nooit een normale dag gehad? Ja, de momenten tussen de depressies en dat bijna extatische gevoel van geluk in. Maar ik ben altijd op doorreis, van down naar up en weer terug. Dat die depressieve kant een probleem is snap ik, maar als nu ook alles boven de streep een probleem is... Wanneer ben ik dan g é é n probleem? Wanneer ben ik dan g é é n risico, geen belasting voor de mensen om mij heen? Wie ben ik dat ik zo mag zijn?' Als Emma enthousiast naar het laatste gesprek met haar psychiater gaat, gebeurt er iets wat ze niet helemaal had voorzien; haar psychiater is verdwenen, de vervanger weet niets van een eindgesprek en voor het einde van de dag is ze opgenomen op de paaz; de psychiatrische afdeling van het algemeen ziekenhuis. Alweer. Aangezien deze nieuwe paazvakantie wel een vergissing moet zijn, gaat Emma in het doolhof van pillen, psychiaters en medepati ë nten op zoek naar een verklaring. Want als je niet ziek bent, hoeft je toch ook niet beter te worden? Als de verklaring in de vorm van een nieuwe diagnose lijkt te komen, begint ze zich echter af te vragen of ze die wel wil weten; want wat als je je eigen waarnemingen en gedachten niet meer kunt vertrouwen, en je grootste vijand niet in de buitenwereld zit, maar in je eigen hoofd? Myrthe van der Meer (pseudoniem, 1983) werkte als redacteur toen ze na een burn-out vijf maanden lang op een paaz opgenomen werd. Over deze ervaring schreef ze haar debuut PAAZ. Het boek werd meer dan 50.000 keer verkocht en het werd genomineerd voor de Dioraphte Jongerenliteratuur Prijs. Myrthe won de Psyche Mediaprijs en de Viva400-Award. In 2013 verscheen haar tweede boek, de roman Kalf. 'Openhartig, met humor geschreven' **** de Volkskrant 'Ademloos gelezen. (...) Registreert op een Voskuilachtige manier hoe het leven in een psychiatrisch ziekenhuis is.' Wim Brands in VPRO Boeken 'Beklemmend herkenbaar' Mike Bodd é , cabaretier en schrijver van Pil 'Een diep ontroerend boek, met prachtige observaties' Psychologie Magazine 'E é n van de best geschreven boeken in zijn soort' Bram Bakker, psychiater 'Pijnlijk maar humoristisch' De Telegraaf 'Ontroerend, eerlijk, hilarisch en aangrijpend' Viva 'Een indrukwekkend en vaak ook erg grappig boek dat een geweldige inkijk in deze verborgen wereld geeft.' Esta

Psychopathologie Penguin

Piper Perish inhales air and exhales art. The sooner she and her best friends can get out of Houston and get to New York City, the better. Art school has been Piper's dream her whole life, and now that senior year is halfway over, she's never felt more ready. But in the final months before graduation, things are weird with her friends and stressful with three different guys, and Piper's sister's tyrannical mental state seems to thwart every attempt at happiness for the close-knit Perish family. Piper's art just might be enough to get her out. But is she brave enough to seize that power when it means giving up so much? Debut author Kayla Cagan breathes new life into fiction in this dynamic, utterly authentic work featuring interior art from Rookie magazine illustrator Maria Ines Gul. Piper will have readers asking big questions along with her. What is love? What is friendship? What is family? What is home? And who is a person when she's missing any one of these things?

Heiter bis wolkig Psychiatrie Verlag, Imprint BALANCE buch + medien verlag

Dit boek geeft ggz-professionals inzicht in de samenhang tussen psychische klachten en langdurige slapeloosheid. Daarnaast helpt het hen om slapeloosheid bij cli ë nten vast te stellen en te behandelen. Praktijkboek slapeloosheid in de ggz biedt kennis over langdurige slapeloosheid en hoe deze meest voorkomende slaapstoornis in relatie staat tot psychische klachten, lichamelijke problemen en het gebruik van middelen en medicatie. Ook biedt het boek een overzicht van andere veelvoorkomende slaap-waakstoornissen. Casu ĩ stiek en illustraties verhelderen de vicieuze cirkel van denken, voelen en doen die slapeloosheid in stand houdt. Alle manieren om deze dynamiek te doorbreken komen aan bod: van cognitieve gedragstherapie en medicatie tot aanvullende psychologische therapie ë n. Daarnaast geeft het boek adviezen om tot het meest passende behandelplan te komen. Tot slot bevat het aanbevelingen voor een op maat gesneden aanpak voor specifieke cli ë ntengroepen, zoals mensen met een depressie of ptss. Inge Ensing is gezondheidszorgpsycholoog, gedragstherapeut VGct© en somnoloog. Zij heeft ervaring met verschillende populaties binnen de ggz en is geschoold in emdr en ACT. Sinds 2018 is zij werkzaam bij het Expertisecentrum Slaap en Psychiatrie van GGZ Drenthe. Daar onderzoekt en behandelt ze met een multidisciplinair team cli ë nten met slaap-waakstoornissen. Inge geeft regelmatig cursussen en workshops over dit onderwerp.

Het houden van mannen UWA Publishing

The author discusses her eight day trek through the Vietnamese jungle after surviving a plane crash and how the lessons learned during that experience prepared her to be a mother to her autistic son.

The Ice-Cream Makers Michael O'Mara Books

Inger Boxsem schrijft over haar zwarte periode van burn-out en depressie. Haar zoektocht naar genezing voert langs schuld, schaamte, begrip en onbegrip. Openhartig en verbazingwekkend licht. In ‘ Naar omstandigheden nogal slecht ’ vertelt Inger Boxsem over haar ervaringen met burn-out en langdurige depressie. Ze werpen haar met een smak op de bodem van haar gestel en van de sociaal-maatschappelijke ladder. Tijdens haar ziekte en gesprekken met therapeuten, bedrijfsartsen en hoogleraren maakt ze stapels aantekeningen. Over de veeleisende televisiewereld waarin ze jaren werkte, haar goedgehumeurde maar chaotische gezin, haar opname in een kliniek, de ziekmakende bezoeken aan het UWV en haar worsteling met antidepressiva. Haar zoektocht naar genezing voert langs schuld, schaamte, begrip en onbegrip. Ziet haar omgeving wel hoe ziek ze is? Telt ze nog mee zonder carri è re? Wordt ze ooit nog beter? En: is zij nou gek of is de hele maatschappij doorgedraaid? Want hoe kan het dat in zo ’ n gelukkig land 800000 mensen aan de antidepressiva zijn en er evenzoveel burn-out raken? ‘ Naar omstandigheden nogal slecht ’ is de literaire neerslag van een zwarte periode, aangrijpend en, eerlijk is eerlijk, vaak herkenbaar. Openhartig en met verbazingwekkende lichtheid schrijft Inger over de zwaarste en zwartste tijd in haar leven.

My Wounded Heart Eburon Uitgeverij B.V.

Two couples meet over dinner to discuss their children who misbehaved, but avoid doing so.

When It Is Darkest Psychiatrie Verlag, Imprint BALANCE buch + medien verlag

NEW YORK TIMES BESTSELLER • From the genre-defying icon Ben Folds comes a memoir that is as nuanced, witty, and relatable as his cult-classic songs. “ A Dream About Lightning Bugs reads like its author: intelligent, curious, unapologetically punk, and funny as hell. ” —Sara Bareilles NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR AND PASTE Ben Folds is a celebrated American singer-songwriter, beloved for songs such as “ Brick, ” “ You Don ’ t Know Me, ” “ Rockin ’ the Suburbs, ” and “ The Luckiest, ” and is the former frontman of the alternative rock band Ben Folds Five. But Folds will be the first to tell you he ’ s an unconventional icon, more normcore than hardcore. Now, in his first book, Folds looks back at his life so far in a charming and wise chronicle of his artistic coming of age, infused with the wry observations of a natural storyteller. In the title chapter, “ A Dream About Lightning Bugs, ” Folds recalls his earliest childhood dream—and realizes how much it influenced his understanding of what it means to be an artist. In “ Measure Twice, Cut Once ” he learns to resist the urge to skip steps during the creative process. In “ Hall Pass ” he recounts his 1970s North Carolina working-class childhood, and in “ Cheap Lessons ” he returns to the painful life lessons he learned the hard way—but that luckily didn ’ t kill him. In his inimitable voice, both relatable and thought-provoking, Folds digs deep into the life experiences that shaped him, imparting hard-earned wisdom about both art and life. Collectively, these stories embody the message Folds has been singing about for years: Smile like you ’ ve got nothing to prove, because it hurts to grow up, and life flies by in seconds. Praise for A Dream About Lightning Bugs “ Besides being super talented, and an incredibly poignant and multifaceted musician, Ben Folds is a fantastic author. I couldn ’ t put this book down—and not just because I taped it to my hand. Ben takes us into his mind and into his process from the very beginnings of his childhood to where he is today—one of the greatest musicians and writers that has ever graced the art. ” —Bob Saget Up Simon and Schuster

Winner of the 2012 Glass Key Award given by the members of the Crime Writers of Scandinavia All the best homes are by the water, or so the matron of Kongslund Orphanage tells her small charges. But at this particular house by the sea, not all is as it appears. On September 11, 2001, on a desolate beach on the outskirts of Copenhagen, police begin investigating the strange death of an unidentified woman. Surrounding the body are what appear to be offerings to the deceased: a book, a small noose, a dead golden canary, a linden tree branch, and a photo of the Kongslund Orphanage. As the police puzzle over their bizarre findings, the Twin Towers fall in walls of flame and the case is quickly overshadowed by the terror half a world away. Years later, as the sixtieth anniversary of the matron's reign at Kongslund approaches, identical anonymous letters are sent to six of the home's former residents, hinting at a cover-up that has allowed Denmark's most influential to hide away their dirty secrets and keep their grip on power. As one tenacious reporter hunts for clues, he begins to unravel the true parentage of some of Kongslund's "orphans." Can he figure out who is sending the mysterious letters and who murdered the woman on the beach years earlier before it is too late?