

Divided Minds



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Growing up in the fifties, Carolyn Spiro was always in the shadow of her more intellectually dominant and socially outgoing twin, Pamela. But as the twins approached adolescence, Pamela began to suffer the initial symptoms of schizophrenia, hearing disembodied voices that haunted her for years and culminated during her freshman year of college at Brown University where she had her first major breakdown and hospitalization. Pamela's illness allowed Carolyn to enter the spotlight that had for so long been focused on her sister. Exceeding everyone's expectations, Carolyn graduated from Harvard Medical School and forged a successful career in psychiatry. Despite Pamela's estrangement from the rest of her family, the sisters remained very close, "bonded with the twin glue," calling each other several times a week and visiting as frequently as possible. Carolyn continued to believe in the humanity of her sister, not merely in her illness, and Pamela responded. Told in the alternating voices of the sisters, "Divided Minds" is a heartbreaking account of the far reaches of madness as well as the depths of ambivalence and love between twins. It is a true and unusually frank story of identical twins with very different identities and wildly different experiences of the world around them. It is one of the most compelling histories of two such siblings in the canon of writing on mental illness.

作者介绍:

目录:

[Divided Minds_ 下载链接1](#)

标签

心理

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Psychology

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评论

一对同卵双胞胎四十多年来的心路历程：姐姐罹患精神分裂症，妹妹成了精神病医师。带有强烈个人色彩的笔触还原了「精神病病人」、「病人家属」以及「精神病医师」作为普通人的一面。人们往往一看见标签就无视了标签之外的存在，更看不见标签之外的生活与标签作为两种不同的存在是如何互相成就，如何息息相关。除去关于精神分裂症得亲身体验记录，更触动我的反倒是对日常的愁苦、一起长大的攀比与压力、青少年时的body issue、「被接受」与「接受」的恐惧等等的描述。六七十年代美国东海岸的平凡人家长大的小孩，成长经历远没有许多现在的年轻人想象得那般爽酷潇洒。教授本想像往年

一样请这本书里的双胞胎妹妹给我们讲讲这本书，然而这位女士在约定讲座前的一个月前突然离世。这么讲很残酷，但大概很多人都想不到两人里先离开的是妹妹吧。

intro to psych schizophrenia

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