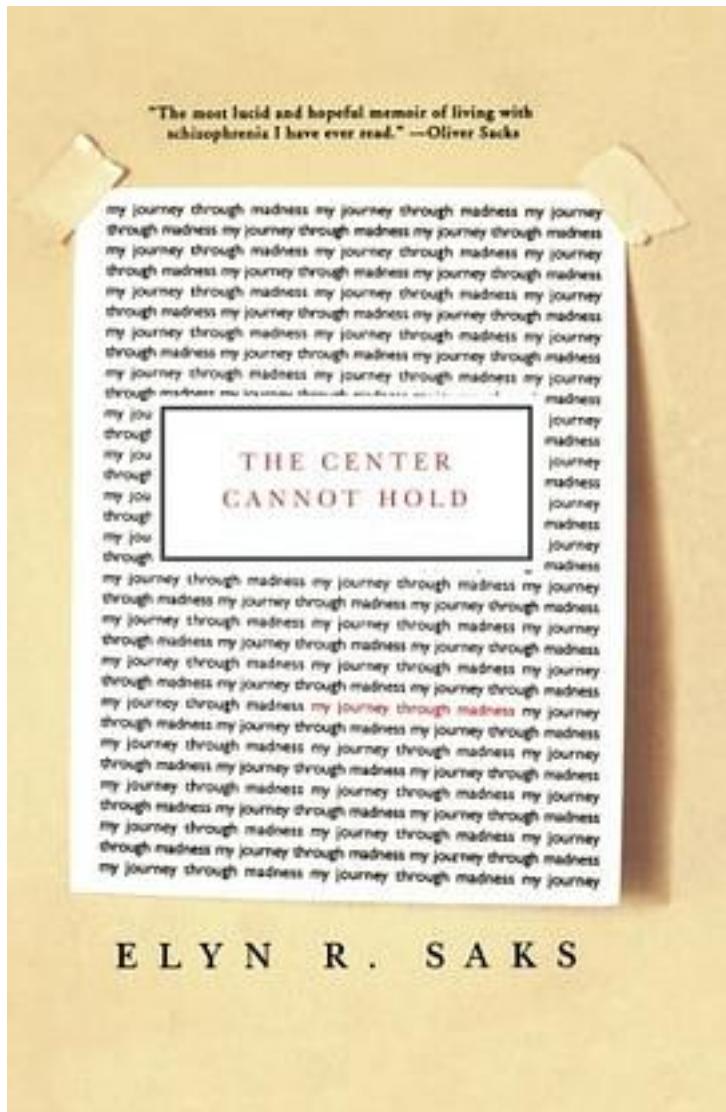


The Center Cannot Hold



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著者:Professor of Law Psychology and Psychiatry Elyn R Saks

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From Publishers Weekly

In this engrossing memoir, Saks, a professor of law and psychiatry at the University of Southern California, demonstrates a novelist's skill of creating character, dialogue and suspense. From her extraordinary perspective as both expert and sufferer (diagnosis: Chronic paranoid schizophrenia with acute exacerbation; prognosis: Grave), Saks carries the reader from the early little quirks to the full blown falling apart, flying apart, exploding psychosis. Schizophrenia rolls in like a slow fog, as Saks shows, becoming imperceptibly thicker as time goes on. - Along the way to stability (treatment, not cure), Saks is treated with a pharmacopeia of drugs and by a chorus of therapists. In her jargon-free style, she describes the workings of the drugs (getting med-free, a constant motif) and the ideas of the therapists and physicians (psychologist, psychiatrist, psychoanalyst, cardiologist, endocrinologist). Her personal experience of a world in which she is both frightened and frightening is graphically drawn and leads directly to her advocacy of mental patients' civil rights as they confront compulsory medication, civil commitment, the abuse of restraints and the absurdities of the mental care system. She is a strong proponent of talk therapy (While medication had kept me alive, it had been psychoanalysis that helped me find a life worth living). This is heavy reading, but Saks's account will certainly stand out in its field.

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From Booklist

At eight years old, Saks began suffering hallucinations and obsessive fears of being attacked. An adolescent experimentation with drugs provoked her parents to enroll her in a drug treatment program. But Saks' incredible self-control masked the fact that she was suffering from a debilitating mental illness. By the time she entered graduate school at Oxford University, her symptoms were so severe—including full-blown psychotic episodes and suicidal fantasies—that she was hospitalized. Through Oxford, law school at Yale, and a move to Los Angeles to work in the law school of the University of California, Saks struggled mightily to balance her ambitions with her illness, which was eventually diagnosed as schizophrenia. Never wanting to concede to her mental illness, Saks found calm and comfort in a rigorous work routine. An analyst characterized her as having three lives: as Elyn, as Professor Saks, and as the Lady of the Charts mental patient. As Saks battled to get off medication and leave behind the Lady of the Charts, she fought for the rights of mental patients, and came to terms with her own limitations. Bush, Vanessa

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Review

作者介绍:

Elyn R. Saks is a professor at the University of Southern California Gould School of Law and an adjunct professor of psychiatry at the University of California, San Diego, School of Medicine. She is a research clinical associate at the New Center for Psychoanalysis. Saks lives in Los Angeles with her husband, Will.

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标签

传记

心理学

英文原版

英文

精神分析

心理疾病

人性

Schizophrenia

评论

今年八月，要见Elyn的前一晚听说这本书，跑遍整个USC想找纸质版未果，于是乎下了kindle版开始阅读。断断续续读了一个学期，终于在昨天这个年末的关头读完了这本揪心的自传。这本书需要仔细读，带着心去读，用心去感受Elyn在她的这段人生中所经历的痛楚和反思。我喜欢她人生中的坚持，伴随着breakdown，进而再坚持。我想我是终于理解了为什么在南加大那天，她是可以表现得如此淡定，如此隐忍但坚强。我想她这一本书写出来，胜过十篇精神卫生领域的论文。有关精神分裂症，有关精神分裂症患者怎样去活自己选择的人生。今年阅读最佳。

What makes Professor Saks's story so inspiring is the fact she never recovered from her illness but manages to achieve a fulfilling life anyway. What would make the story more revealing, in addition to all the poignant details about her own unyielding struggles, supporting relationships and mixed experiences in the treatment institutions, is that she could have described how she maintain a sufficient level of productivity on a day-to-day bases.

what a struggle.

好长的铺垫，她等于是要把她的一辈子全讲出来，而不仅仅是生病的事。还有，她对自己的心理医生太依赖了。这个有声书最后好像没有完，我感觉就剩几句话了，然后突然就没有了。。。。

今年读过最有分量的书之一，一个向上挣扎的故事。另外也让我对精神分析有所改观。

读这本书是出于功课的目的，试图对schizophrenia有更深的了解。这本书更多是一种记录，记录疾病的发生，粗暴的治疗过程，境况的起起伏伏，自身态度的变化，直到最后学会与疾病共处，找到属于自己的人生。作者的个人能力应该是非常出色的，因为她在与疾病斗争的同时，获得了非常惊人的学术成就，但她在面对疾病时的幼稚，无知，不理智与彷徨，让我多少可以感受与代入。

不管什么样的人生，健康的还是疾患的，it's all about the choices. What you can afford, what you have to give up.

#本首歌比较负能量，不喜勿喷#。《魔鬼中的天使》田馥甄。把太细的神经割掉
会不会比较睡得着 我的心有座灰色的监牢 关着一票黑色念头在吼叫 把太硬的脾气抽掉
会不会比较被明了 你可以重重把我给打倒 但是想都别想我求饶 你是魔鬼中的天使
让恨变成太俗气的事 从眼里流下谢谢两个字 尽管叫我疯子 不准叫我傻子
随人去拼凑我们的故事 我懒得解释 爱怎么解释 当谁想看我碎裂的样子 我已经又顽强
重生一次 你是魔鬼中的天使 让恨变成太俗气的事 从眼里流下谢谢两个字 尽管叫我疯子
不准叫我傻子 btw, 正能量的部分是我们要看到resilience。

She is really an exception to many rules. 最后的话感触颇深，“my good fortune lies in having found my life.”

不知道能不能见到精分被cure的那一天？至少希望更多病人能find their life吧。

A story of lifelong battle with schizophrenia

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书评

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