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Furiously Happy...

Monkey Mind: A Memoir of Anxiety by Daniel B. Smith (Biog Smith, D.)

Your Voice in My Head: A Memoir by Emma Forrest (Biog Forrest, E.)

Half in Love: Surviving the Legacy of Suicide by Linda Gray Sexton (362.283 SEX)

Wishful Drinking by Carrie Fisher (Biog Fisher, C.)

In *Wishful Drinking*, Carrie Fisher tells the true and intoxicating story of her life with inimitable wit. Born to celebrity parents, she was picked to play a princess in a little movie called *Star Wars* when only 19 years old. "But it isn't all sweetness and light sabres." Alas, aside from a demanding career and her role as a single mother (not to mention the hyperspace hairdo), Carrie also spends her free time battling addiction, weathering the wild ride of manic depression and lounging around various mental institutions. It's an incredible tale - from having Elizabeth Taylor as a stepmother, to marrying (and divorcing) Paul Simon, from having the father of her daughter leave her for a man, to ultimately waking up one morning and finding a friend dead beside her in bed.

The Soloist: A Lost Dream, An Unlikely Friendship, and the Redemptive Power of Music by Steve Lopez (787.2 LOP)

The true story of Nathaniel Ayers, a musician who becomes schizophrenic and homeless, and his friendship with Steve Lopez, the Los Angeles columnist who discovers and writes about him in the newspaper.

My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind by Scott Stossel (616.85 STO)

Confessions of a Sociopath: A Life Spent in Hiding by M.E. Thomas (616.85 THO)

Angst: Origins of Anxiety and Depression by Jeffrey Kahn (616.85 KAH)

Coming of Age on Zoloft: How Antidepressants Cheered Us Up, Let Us Down, and Changed Who We Are by Katherine Sharpe (616.85 SHA)

A Fractured Mind: My Life With Multiple Personality Disorder by Robert Oxnam (616.85236)

