

## **Weekends At Bellevue Nine Years On The Night Shift Psych Er Julie Holland**

A Thousand Naked Strangers  
Weekends at Bellevue  
Committed  
Snip  
The Best American Science Writing 2011  
The Man Who Mistook His Wife For A Hat: And Other Clinical Tales  
The Little Engine  
Sometimes Amazing Things Happen  
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Atheism And The Case Against Christ  
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Big Green Caterpillar  
The Pot Book  
Operation White Rabbit

### **A Thousand Naked Strangers**

Elarune escaped EndWar Australia with her uncle Bruno, her brother Olias (born with one arm), and the orphaned Randling who they pick up along the way. A deadly toxin has been released into the water supply and few have survived. The planet has been divided into two, the United States of the Northern Hemisphere above the equator, and the Southern Empire below. Oil is transported from the north and traded for the only uncontaminated whitewater, drilled out of the Antarctic. Trades are made in the RedZone, the equator. Working in his bar Bruno kept them safe for thirteen years, but on his death they set off on adventure. Elarune is a ShadowTan, a rare genetic mutation able to survive the toxin. She has become leader of RedMen, a rebel organisation. With Randling by her side, she must find a way to defeat the corrupt OpusRex government, whilst locating the last remaining ShadowTan.

### **Weekends at Bellevue**

A memoir of over four decades working in the ER: "Fascinating and engrossing... brimming with humanitarian lessons in medicine and life alike." —Kirkus Reviews  
A BuzzFeed Best Book of the Year  
A snap judgment about a child nearly has fatal consequences. A priest who may be having a heart attack refuses treatment. An asthmatic man develops air bubbles in his shoulders. A pharmacist is haunted by a decision he makes. Stories like these fill the pages of this memoir of a career that began in the earliest days of the emergency medicine field. In addition to recounting the drama, Dr. Paul Stewart also explores ethical questions that remind us of the full humanity of patients, nurses, coroners, pharmacists, and, of course, doctors. How do they care for strangers in their moments of crisis? How do they care for themselves? Dr. Seward rejects doctor-as-God narratives to write frankly about moments of failure, and champions the role of his colleagues in health care. And for all the moral dilemmas here, there is plenty of wit and humor, too (for example, the patient who punched the author). Readers of Patient Care will find themselves moved, entertained, and occasionally wondering: What would I do? "In the increasingly popular medical-memoir genre, this one stands out."—Booklist "A

fascinating journey through a profession shrouded with mystery.”—Paul Ruggieri, MD, author of *Confessions of a Surgeon* “A generous, compassionate book about what it is to be human and what it is to care...language so clear and compelling you can see straight through it and into the beating heart beneath.”—Kate Cole-Adams, author of *Anesthesia*

## Committed

The definitive story of Amazon.com, one of the most successful companies in the world, and of its driven, brilliant founder, Jeff Bezos. Amazon.com started off delivering books through the mail. But its visionary founder, Jeff Bezos, wasn't content with being a bookseller. He wanted Amazon to become the everything store, offering limitless selection and seductive convenience at disruptively low prices. To do so, he developed a corporate culture of relentless ambition and secrecy that's never been cracked. Until now. Brad Stone enjoyed unprecedented access to current and former Amazon employees and Bezos family members, giving readers the first in-depth, fly-on-the-wall account of life at Amazon. Compared to tech's other elite innovators -- Jobs, Gates, Zuckerberg -- Bezos is a private man. But he stands out for his restless pursuit of new markets, leading Amazon into risky new ventures like the Kindle and cloud computing, and transforming retail in the same way Henry Ford revolutionized manufacturing. The Everything Store will be the revealing, definitive biography of the company that placed one of the first and largest bets on the Internet and forever changed the way we shop and read.

## Snip

A search for the truth behind the DEA's life imprisonment of acid's most famous martyr. Operation White Rabbit traces the rise and fall—and rise and fall again—of the psychedelic community through the life of the man known as the “Acid King:” William Leonard Pickard. Pickard was a legitimate genius, a follower of Timothy Leary, a con artist, a womanizer, and a believer that LSD would save lives. He was a foreign diplomat, a Harvard fellow, and the biggest producer of LSD on the planet—if you believe the DEA. A narrative for fans of Michael Pollan's *How to Change Your Mind*, Pickard's personal story is set against a fascinating chronicle of the social history of psychedelic drugs from the 1950s on. From LSD distribution at UC Berkeley to travelling the world for the State Department, Pickard's story is one of remarkable genius—that is, until a DEA sting named “Operation White Rabbit” captured him at an abandoned missile silo in Kansas. Pickard, the DEA said, was responsible for 90 percent of the world's production of lysergic acid. The DEA announced to the public that they found 91 pounds of LSD. In reality, the haul was seven ounces. They found none of the millions of dollars Pickard supposedly amassed, either. But nonetheless, he is now serving two consecutive life sentences without possibility of parole. Pickard has become acid's best-known martyr in the process, continuing his advocacy and artistic pursuits from jail. Pickard has successfully sued the US government because his requests for information on his case returned two blank DEA documents. But the appeals of his sentence have continually failed. The author visits him regularly in jail in an effort to find the truth.

## **The Best American Science Writing 2011**

A memoir of the author's ten years as a medical student, intern, and resident at New York's 250-year-old Bellevue Hospital.

## **The Man Who Mistook His Wife For A Hat: And Other Clinical Tales**

A psychiatrist chronicles his rookie year working with serial killers and mass murderers at California's Gorman State hospital for the criminally insane, which was punctuated by moments of extreme violence. 35,000 first printing.

## **The Little Engine**

Unavailable

## **Sometimes Amazing Things Happen**

As women, we learn from an early age that our moods are a problem. To succeed in life, we are told, we must have it all under control: we have to tamp down our inherent shifts in favor of a more static way of being. But our bodies are wiser than we imagine. Moods are not an annoyance to be stuffed away, they are a finely-tuned feedback system that can tell us how best to manage our lives. Our changing moods let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. They help us select the right tool for each of our many jobs. If we deny our emotionality, we deny the breadth of our talents. With the right care of our inherently dynamic bodies, we can master our moods to avail ourselves of this great natural strength. Yet millions of American women are medicating away their emotions because our culture says that moodiness is a problem to be fixed. Over-prescribed medications can have devastating consequences for women in many areas of our lives--and even if we don't pop a pill, women everywhere are numbing their emotions with food, alcohol, and a host of addictive behaviors that deny the wisdom of our bodies and keep us from addressing the real issues that we face. Here, Dr. Julie Holland shares a better way.--From publisher description.

## **Danger to Self**

In 1958, a shy young man with few social skills sped along the Santa Ana freeway out of L.A. headed to the desert with his 'date' huddled in the passenger seat beside him. In his pockets, Harvey Glatman had a gun and a length of rope. Drunk on power, arousal, and rage, Harvey also had a plan. And beneath the desert stars, by the light of the moon, he carried out his ordeal of unimaginable cruelty, using his body, a camera and his rope. Months later, after one of his inhuman attacks went awry, Harvey's torture killings were described to a shocked and silent California courtroom. Michael Newton vividly recounts the horror of Glatman's murders and explains how his crimes weren't about killing, raping, and torturing at all they were all about the rope.

## **The Everything Store**

The 2017 National Book Critics Circle (NBCC) Finalist, International Bestseller, and a Kirkus Best Nonfiction Book of 2017! "Marsh has retired, which means he's taking a thorough inventory of his life. His reflections and recollections make Admissions an even more introspective memoir than his first, if such a thing is possible." —The New York Times "Consistently entertaining Honesty is abundantly apparent here—a quality as rare and commendable in elite surgeons as one suspects it is in memoirists." —The Guardian "Disarmingly frank storytelling his reflections on death and dying equal those in Atul Gawande's excellent Being Mortal." —The Economist Henry Marsh has spent a lifetime operating on the surgical frontline. There have been exhilarating highs and devastating lows, but his love for the practice of neurosurgery has never wavered. Following the publication of his celebrated New York Times bestseller Do No Harm, Marsh retired from his full-time job in England to work pro bono in Ukraine and Nepal. In Admissions he describes the difficulties of working in these troubled, impoverished countries and the further insights it has given him into the practice of medicine. Marsh also faces up to the burden of responsibility that can come with trying to reduce human suffering. Unearthing memories of his early days as a medical student, and the experiences that shaped him as a young surgeon, he explores the difficulties of a profession that deals in probabilities rather than certainties, and where the overwhelming urge to prolong life can come at a tragic cost for patients and those who love them. Reflecting on what forty years of handling the human brain has taught him, Marsh finds a different purpose in life as he approaches the end of his professional career and a fresh understanding of what matters to us all in the end.

## **Good Chemistry**

After a twenty-five-year career spent fighting for women's rights around the globe at the expense of time with her family, Karen Sherman looked around and realized she didn't really know her children and felt little connection to her husband. With her world—work, marriage, family—crashing down, she made the rash decision to move to Rwanda with her three sons, an experiment she dubbed "our year of living dangerously." While her boys attended the international school, she worked to better the lives of women survivors of war. But as the survivors—Josephine, Ange, Grace, Euphrase, Debora, Yvette, and Teresa—shared their stories of grit and determination, building lives and raising families despite the brutal challenges of war, genocide, and inequality, Karen began to see how her work was connected to the abuse in her own past, and how it was preventing her from becoming the woman she wanted to be. The struggles of these survivors, she realized, were the struggles of women everywhere, regardless of place or circumstance: striving to balance work and family, fighting for real options and choices, trying to make their voices heard. The strength of these women helped Karen find her own way through conflict zones and battles with corrupt politicians. In the end, the journey brings her home to her family and to a renewed commitment to fighting for women around the world to live free from violence and abuse, in peace and with dignity.

## **This Won't Hurt a Bit**

Hundreds of millions of people believe that Jesus came back from the dead. This cogent, forcefully argued book presents a decidedly unpopular view —namely, that the central tenet of Christianity, the resurrection of Jesus, is false. The author asks a number of probing questions: Is the evidence about Jesus as it has been relayed to us over the centuries of sufficient quantity and quality to justify belief in the resurrection? How can we accept the resurrection but reject magic at the Salem witch trials? What light does contemporary research about human rationality from the fields of behavioral economics, empirical psychology, cognitive science, and philosophy shed on the resurrection and religious belief? Can we use contemporary research about the reliability of people’s beliefs in the supernatural, miracles, and the paranormal to shed light on the origins of Christianity and other religions? Does it make sense that the all-powerful creator of the universe would employ miracles to achieve his ends? Can a Christian believe by faith alone and yet reasonably deny the supernatural claims of other religions? Do the arguments against Christianity support atheism? By carefully answering each of these questions, this book undermines Christianity and theism at their foundations; it gives us a powerful model for better critical reasoning; and it builds a compelling case for atheism. Without stooping to condescension or arrogance, the author offers persuasive arguments that are accessible, thoughtful, and new.

## **Patient Care**

A psychiatrist and psychedelic researcher explores the science of connection—why we need it, how we’ve lost it, and how we might find it again. We are suffering from an epidemic of disconnection that antidepressants and social media can’t fix. This state of isolation puts us in “fight or flight mode,” deranging sleep, metabolism and libido. What’s worse, we’re paranoid of others. This kill-or-be-killed framework is not a way to live. But, when we feel safe and loved, we can rest, digest, and repair. We can heal. And it is only in this state of belonging that we can open up to connection with others. In this powerful book, Holland helps us to understand the science of connection as revealed in human experiences from the spiritual to the psychedelic. The key is oxytocin—a neurotransmitter and hormone produced in our bodies that allows us to trust and bond. It fosters attachment between mothers and infants, romantic partners, friends, and even with our pets. There are many ways to reach this state of mental and physical wellbeing that modern medicine has overlooked. The implications for our happiness and health are profound. We can find oneness in meditation, in community, or in awe at the beauty around us. Another option: psychedelic medicines that can catalyze a connection with the self, with nature, or the cosmos. Good Chemistry points us on the right path to forging true and deeper attachments with our own souls, to one another, and even to our planet, helping us heal ourselves and our world.

## **Welcome Down Under**

A small boy keeps a green caterpillar, even though his parents and school friends don't understand why. The story is a vehicle for describing the life cycle of a moth. One of eight small books in Literacy Links Satellites Stage 4 Set A.

## **Singular Intimacies**

"Every mass shooting in America raises the question of whether there would be fewer such shootings if people who have mental illness were locked away. Of course, some perpetrators were already being treated when they acted, and some never gave any sign that they might be dangerous before they acted.

Nevertheless, the question of involuntary commitment comes up over and over again when a mass shooting occurs. In *Committed*, psychiatrists Dinah Miller and Anne Hanson offer a comprehensive account of the controversy surrounding involuntary psychiatric care in the United States. Through interviews and cases they explore the clinicians, consumers, advocates, institutions, and laws involved. They talk with people who have been involuntarily committed--both those who have been helped by this treatment and those who have been traumatized by it--and with doctors who believe that more people with mental illness should be treated, even against their will. They talk with families, policemen, ED staff, judges, someone from the Church of Scientology, representatives from NAMI and APA, and medical administrators of inpatient facilities. They explore practices such as seclusion and restraint, involuntary medications, and involuntary electroconvulsive therapy--all within the context of civil rights. Miller and Hanson explain why some people push for increased involuntary treatment while others view psychiatrists as money-hungry power mongers and their medications as the cause, not the cure, of symptoms. The authors take a middle view, advocating for the limited and judicious use of involuntary and humane psychiatric care as a last resort when someone poses a danger to themselves or others"--

## **Ecstasy: The Complete Guide**

Practicing physician and acclaimed author Danielle Ofri investigates how medical error could be killing 10% of patients and causing 33% of hospital deaths. Although staggering success has been the dominant theme in medicine for centuries, that narrative leaves no space for discussion around the potential adverse outcomes of medical treatment. Through research and interviews with physicians, nurses, administrators, and many patients, Dr. Ofri explores the causes of medical error, and points to the changes needed to reduce risk of negative outcomes--including death. She advocates for changes as small (and proven) as checklists and as large as full-scale culture shifts in the relationship between medical staff and their patients. Woven through the book is the particularly harrowing tale of one patient, Jay, whose experience with a seemingly innocuous mistake likely cost him his life. These stories force us to reconsider what happens when the medical system does us harm.

## **Twelve Patients**

A handbook of survival and warfare for the citizens of Woodstock Nation A classic of counterculture literature and one of the most influential--and controversial--documents of the twentieth century, *Steal This Book* is as valuable today as the day it was published. It has been in print continuously for more than four decades, and it has educated and inspired countless thousands of young activists. Conceived as an instruction manual for radical social change, *Steal This Book* is divided into three sections--Survive! Fight! and Liberate! Ever wonder how to start a guerilla radio station? Or maybe you want to brush up on your shoplifting techniques. Perhaps you're just looking for the best free entertainment in New York

City. (The Frick Collection--"Great when you're stoned.") Packed with information, advice, and Abbie's unique outlaw wisdom ("Avoid all needle drugs--the only dope worth shooting is Richard Nixon."), *Steal This Book* is a timeless reminder that, no matter what the struggle, freedom is always worth fighting for. "All Power to the Imagination was his credo. Abbie was the best."--Studs Terkel

## Five Patients

Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug • With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others • Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, *The Pot Book* offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes.

## Weekends at Bellevue

The story of a notorious New York eccentric and the journalist who chronicled his life: "A little masterpiece of observation and storytelling" (Ian McEwan). Joseph Mitchell was a cornerstone of the *New Yorker* staff for decades, but his prolific career was shattered by an extraordinary case of writer's block. For the final thirty-two years of his life, Mitchell published nothing. And the key to his silence may lie in his last major work: the biography of a supposed Harvard grad turned Greenwich Village tramp named Joe Gould. Gould was, in Mitchell's words, "an odd and penniless and unemployable little man who came to this city in 1916 and ducked and dodged and held on as hard as he could for over thirty-five years." As Mitchell learns more about Gould's epic *Oral History*—a reputedly nine-million-word collection of philosophizing, wanderings, and hearsay—he eventually uncovers a secret that adds even more intrigue to the already unusual story of the local legend. Originally written as two separate pieces ("Professor Sea Gull" in 1942 and then "Joe Gould's Secret" twenty-two years later), this magnum opus captures Mitchell at his peak. As the reader comes to understand Gould's secret, Mitchell's words become all the more haunting. This ebook features an illustrated biography of Joseph Mitchell including rare images from the author's estate.

## **Admissions**

The psychiatric emergency room, a fast-paced combat zone with pressure to match, thrusts its medical providers into the outland of human experience where they must respond rapidly and decisively in spite of uncertainty and, very often, danger. In this lively first-person narrative, Paul R. Linde takes readers behind the scenes at an urban psychiatric emergency room, with all its chaos and pathos, where we witness mental health professionals doing their best to alleviate suffering and repair shattered lives. As he and his colleagues encounter patients who are hallucinating, drunk, catatonic, aggressive, suicidal, high on drugs, paranoid, and physically sick, Linde examines the many ethical, legal, moral, and medical issues that confront today's psychiatric providers. He describes a profession under siege from the outside—health insurance companies, the pharmaceutical industry, government regulators, and even "patients' rights" advocates—and from the inside—biomedical and academic psychiatrists who have forgotten to care for the patient and have instead become checklist-marking pill-peddlers. While lifting the veil on a crucial area of psychiatry that is as real as it gets, *Danger to Self* also injects a healthy dose of compassion into the practice of medicine and psychiatry.

## **Tall Tales**

So much to read, so little time? This brief overview of Bellevue tells you what you need to know—before or after you read David Oshinsky's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of Bellevue includes: Historical context Chapter-by-chapter overviews Character profiles Detailed timeline of key events Important quotes and analysis Fascinating trivia Glossary of terms Supporting material to enhance your understanding of the original work About Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital by David Oshinsky: Pulitzer Prize-winning historian David Oshinsky provides a comprehensive account of New York City's famous Bellevue Hospital, from its early inception as a poorhouse infirmary to its most recent struggles and triumphs, including a dramatic evacuation during Hurricane Sandy and the successful treatment of an Ebola patient. In the centuries between, the hospital contends with epidemics ranging from yellow fever to AIDS, a meddling journalist named Nellie Bly, and the tragic murder of a doctor on hospital grounds by a mental patient. Some of Bellevue's finest staff are highlighted, including two doctors who operated on American presidents and two others who virtually invented forensic science. The history of Bellevue is the history of New York City, in all of its complicated and controversial glory, and its mission to serve the underprivileged is a fulfillment of the duty inscribed on the Statue of Liberty: "Give me your tired, your poor, your huddled masses." The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction.

## **Behind the Gates of Gomorrah**

Presents a series of stories about men and women who, representing both medical

## Read Book Weekends At Bellevue Nine Years On The Night Shift Psych ER Julie Holland

and literary oddities, raise fundamental questions about the nature of reality

### **Rope**

“A gem of a memoir . . . Holland takes us for a ride through the psych ER that is at once wild and poignant, a ride that leaves deep tracks in even the healthiest of minds.”—Katrina Firlik, M.D., author of *Another Day in the Frontal Lobe*

Julie Holland thought she knew what crazy was. Then she came to Bellevue. For nine eventful years, Dr. Holland was the weekend physician in charge of the psychiatric emergency room at New York City’s Bellevue Hospital. In this absorbing memoir, Holland recounts stories from her vast case files that are alternately terrifying, tragically comic, and profoundly moving: the serial killer, the naked man barking like a dog in Times Square, the schizophrenic begging for an injection of club soda to quiet the voices in his head, the subway conductor who helplessly watched a young woman pushed into the path of his train. Writing with uncommon candor, Holland supplies not only a page-turner with all the fast-paced immediacy of a TV medical drama but also a fascinating glimpse into the inner lives of doctors who struggle to maintain perspective in a world where sanity is in the eye of the beholder. Praise for *Weekends at Bellevue* “An extraordinary insider’s look at the typical days and nights of that most extraordinary place, written with a rare combination of toughness, tenderness, and outrageous humor.”—Andrew Weil, M.D. “Unforgettable . . . tells a mean story.”—*New York Daily News* “The tension between [Holland’s] macho swagger and her shame at the harsh way she occasionally treats patients gives this memoir extra intrigue.”—*Psychology Today* “A fascinating portrait . . . Holland is a good storyteller with a dark wit.” —*New York Post* “Equal parts affecting, jaw-dropping, and engrossing.”—*Booklist*

### **ShadowTan**

### **Joe Gould's Secret**

The inspiration for the NBC drama *New Amsterdam* and in the spirit of *Oliver Sacks*, this intensely involving memoir from a former medical director of a major NYC hospital looks poignantly at patients' lives and reveals the author's own battle with cancer. Using the plights of twelve very different patients--from dignitaries at the nearby UN, to supermax prisoners at Riker's Island, to illegal immigrants, and Wall Street tycoons--Dr. Eric Manheimer "offers far more than remarkable medical dramas: he blends each patient's personal experiences with their social implications" (*Publishers Weekly*). Manheimer was not only the medical director of the country's oldest public hospital for over 13 years, but he was also a patient. As the book unfolds, the narrator is diagnosed with cancer, and he is forced to wrestle with the end of his own life even as he struggles to save the lives of others.

### **Girl, Interrupted**

Michelle Au started medical school armed only with a surfeit of idealism, a handful of old ER episodes for reference, and some vague notion about "helping people." *This Won't Hurt a Bit* is the story of how she grew up and became a real doctor. It's

a no-holds-barred account of what a modern medical education feels like, from the grim to the ridiculous, from the heartwarming to the obscene. Unlike most medical memoirs, however, this one details the author's struggles to maintain a life outside of the hospital, in the small amount of free time she had to live it. And, after she and her husband have a baby early in both their medical residencies, Au explores the demands of being a parent with those of a physician, two all-consuming jobs in which the lives of others are very literally in her hands. Au's stories range from hilarious to heartbreaking and hit every note in between, proving more than anything that the creation of a new doctor (and a new parent) is far messier, far more uncertain, and far more gratifying than one could ever expect.

## **Moody Bitches**

"ER has become the most successful television series in the world since CHARLIE'S ANGELS. Michael Crichton created the series from his own experiences as a medical doctor in the emergency rooms, operating rooms and wards of Massachusetts General Hospital. FIVE PATIENTS is Michael Crichton's true account of the real life dramas so vividly portrayed in ER. A construction worker is seriously injured in a scaffold collapse- a middle-aged dispatcher is brought in suffering from a fever that has reduced him to a delirious wreck; a young man nearly severs his hand in an accident; an airline traveller suffers chest pains; a mother of three is diagnosed with a life-threatening disease."

## **Brick by Brick**

A former paramedic's visceral, poignant, and mordantly funny account of a decade spent on Atlanta's mean streets saving lives and connecting with the drama and occasional beauty that lies inside catastrophe. In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. Thoroughly intimidated at first and frequently terrified, he experienced on a nightly basis the adrenaline rush of walking into chaos. But in his downtime, Kevin reflected on how people's facades drop away when catastrophe strikes. As his hours on the job piled up, he realized he was beginning to see into the truth of things. There is no pretense five beats into a chest compression, or in an alley next to a crack den, or on a dimly lit highway where cars have collided. Eventually, what had at first seemed impossible happened: Kevin acquired mastery. And in the process he was able to discern the professional differences between his freewheeling peers, what marked each—as he termed them—as “a tourist,” “true believer,” or “killer.” Combining indelible scenes that remind us of life's fragile beauty with laugh-out-loud moments that keep us smiling through the worst, A Thousand Naked Strangers is an absorbing read about one man's journey of self-discovery—a trip that also teaches us about ourselves.

## **Bellevue**

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

## **When We Do Harm**

Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. *Ecstasy: The Complete Guide* takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.

## **Committed**

From the Executive Director of Mental Health for Correctional Services in New York City, comes a revelatory and deeply compassionate memoir that takes readers inside Bellevue, and brings to life the world—the system, the staff, and the haunting cases—that shaped one young psychiatrist as she learned how to doctor and how to love. Elizabeth Ford went through medical school unsure of where she belonged. It wasn't until she did her psychiatry rotation that she found her calling—to care for one of the most vulnerable populations of mentally ill people, the inmates of New York's jails, including Rikers Island, who are so sick that they are sent to the Bellevue Hospital Prison Ward for care. These men were broken, unloved, without resources or support, and very ill. They could be violent, unpredictable, but they could also be funny and tender and needy. Mostly, they were human and they awakened in Ford a boundless compassion. Her patients made her a great doctor and a better person and, as she treated these men, she learned about doctoring, about nurturing, about parenting, and about love. While Ford was a psychiatrist at Bellevue she becomes a wife and a mother. In her book she shares her struggles to balance her life and her work, to care for her children and her patients, and to maintain the empathy that is essential to her practice—all in the face of a jaded institution, an exhausting workload, and the deeply emotionally taxing nature of her work. Ford brings humor, grace, and humanity to the lives of the patients in her care and in beautifully rendered prose illuminates the inner workings (and failings) of our mental health system, our justice system, and the prison system.

## **Act Natural**

*A NEST TWICE BUILT* is a little book of inspiration, reflection and humour. Julie Holland is a published writer but this is the first collection of her prose. Drawn from

her own thoughts, and from conversations shared by strangers, Julie's words aim to inspire and encourage. A lovely book to have bedside, to dip into and to revisit time and again.

## **A Nest Twice Built**

### **Steal This Book**

Grandpa is always telling tall tales, like the moon is made of cheese. Suggested level: junior.

## **Summary and Analysis of Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital**

From a Pulitzer Prize-winning historian comes a riveting history of New York's iconic public hospital that charts the turbulent rise of American medicine. Bellevue Hospital, on New York City's East Side, occupies a colorful and horrifying place in the public imagination: a den of mangled crime victims, vicious psychopaths, assorted derelicts, lunatics, and exotic-disease sufferers. In its two and a half centuries of service, there was hardly an epidemic or social catastrophe—or groundbreaking scientific advance—that did not touch Bellevue. David Oshinsky, whose last book, *Polio: An American Story*, was awarded a Pulitzer Prize, chronicles the history of America's oldest hospital and in so doing also charts the rise of New York to the nation's preeminent city, the path of American medicine from butchery and quackery to a professional and scientific endeavor, and the growth of a civic institution. From its origins in 1738 as an almshouse and pesthouse, Bellevue today is a revered public hospital bringing first-class care to anyone in need. With its diverse, ailing, and unprotesting patient population, the hospital was a natural laboratory for the nation's first clinical research. It treated tens of thousands of Civil War soldiers, launched the first civilian ambulance corps and the first nursing school for women, pioneered medical photography and psychiatric treatment, and spurred New York City to establish the country's first official Board of Health. As medical technology advanced, "voluntary" hospitals began to seek out patients willing to pay for their care. For charity cases, it was left to Bellevue to fill the void. The latter decades of the twentieth century brought rampant crime, drug addiction, and homelessness to the nation's struggling cities—problems that called a public hospital's very survival into question. It took the AIDS crisis to cement Bellevue's enduring place as New York's ultimate safety net, the iconic hospital of last resort. Lively, page-turning, fascinating, Bellevue is essential American history.

## **Atheism And The Case Against Christ**

They assess what psychiatry knows about the prediction of violence and the limitations of laws designed to protect the public.

## **My Schizophrenic Life**

NATIONAL BESTSELLER Julie Holland thought she knew what crazy was. Then she

## Read Book Weekends At Bellevue Nine Years On The Night Shift Psych ER Julie Holland

came to Bellevue. For nine eventful years, Dr. Holland was the weekend physician in charge of the psychiatric emergency room at New York City's Bellevue Hospital. In this absorbing memoir, Holland recounts stories from her vast case files that are alternately terrifying, tragically comic, and profoundly moving: the serial killer, the naked man barking like a dog in Times Square, the schizophrenic begging for an injection of club soda to quiet the voices in his head, the subway conductor who watched a young woman pushed into the path of his train. Writing with uncommon candor, Holland supplies not only a page-turner with all the fast-paced immediacy of a TV medical drama but also a fascinating glimpse into the inner lives of doctors who struggle to maintain perspective in a world where sanity is in the eye of the beholder. Amazon.com Review Amazon Exclusive: Julie Holland on Weekends at Bellevue No one is immune from mental illness. After working at New York City's Bellevue Hospital for nine years, as the psychiatrist in charge of admissions at the psych E.R. on Saturday and Sunday nights, I came away knowing this for sure. Over the years, I admitted heiresses and art dealers, altar boys and college students, homecoming queens, studio executives, bankers, lawyers, correction officers, and the list goes on. No matter who you are, what you do for a living, how much money you have in the bank, or how often you go to church, circumstances can transpire that will bring you to Bellevue. This is one of the hardest lessons for our patients to learn. My years at Bellevue taught me many things, life lessons I could never have hoped to receive elsewhere, but the main take-home message was this: cherish your sanity, for it can be lost in the blink of an eye. Sometimes I saw the same patients repeatedly, alcoholics and addicts who were hitting bottom in regular cycles, showing up when their funds ran out. Other times, however, I met patients with no psychiatric history, who ended up at Bellevue when a bad break-up led to a suicide attempt, or a shared cigarette at a bar led to a PCP-induced psychosis. There are so many ways in which a life can suddenly unravel, and many of my patients could specify just when that started to happen for them--whether it was joining the army, leaving home for college, or living through the death of their child. Many of the people I encountered at Bellevue tried strenuously to convince me that they did not belong there. Or vice versa. A big part of my job was learning how to separate the genuinely disturbed from the fakers (some people actually wanted to be admitted to Bellevue, if only for the promise of a clean bed and three meals a day), and to identify the people who had been misunderstood, misdiagnosed, who weren't mentally ill at all. After a few years of Bellevue experiences under my belt, I developed a sixth sense for what real crazy looked like, sounded like, and yes, smelled like. One night a young man was brought in to the E.R. because he was found on a street corner preaching to passersby to give up their worldly possessions. I knew enough to listen and wait, and not rush to judgment, even though it might have seemed a no-brainer to admit him. Once I was able to draw him out, I learned that he had taken psychedelic mushrooms and then spent time in a Chelsea art gallery known as COSM, which I myself had been to and knew to be an intense, inspirational and potentially overwhelming experience, something that might well unhinge a person on mind-altering drugs. I spoke with him gently as his trip slowly ebbed, helping him to navigate his re-entry in the city hospital where he had landed with no money or identification. He stayed in touch with me for months afterwards, grateful that I was there to protect him when he soared--however briefly--beyond the boundaries of normal behavior. There is a diaphanous membrane between sane and insane. It is the flimsiest of barriers, and because any one of us can break through at any time, it terrifies us,

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causing us to turn our backs on those who remind us of this painful reality. But spending so much time with people who marched out of the lockstep of sanity has made me less forgiving of the way the mentally ill are ostracized and shunned. We owe them something better. And we should remember that the barrier separating "them" from "us" is not nearly as secure as we might think.--Julie Holland From Publishers Weekly In this disjointed memoir, Holland describes her nine-year odyssey as a doctor on the night shift at New York City's Bellevue hospital, a name that has become synonymous with insanity. Holland met a bewildering assortment of drunks, sociopaths, schizophrenics and homeless people malingering in hope of a warm place to crash. As the physician in charge of the psychiatric emergency room, the hard-boiled Holland acted as gatekeeper, deciding who would be sent upstairs to the psych ward, to Central Booking or back to the streets. The book also covers Holland's personal life from her student days as a wannabe rock star to her psychotherapy sessions, her sexual escapades and her marriage and birth of her children. Holland captures the rhythms and routines of the E.R. with its unbearable suffering, petty jealousies and gallows humor. She is less successful at maintaining any kind of narrative continuity. Chapters generally run only a couple of pages and often depict random anecdotes that most likely sound better than they read.  
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### **Big Green Caterpillar**

Edited by Rebecca Skloot, award-winning science writer and New York Times bestselling author of *The Immortal Life of Henrietta Lacks*, and her father, Floyd Skloot, an award-winning poet and writer, and past contributor to the series, *The Best American Science Writing 2011* collects into one volume the most crucial, thought-provoking, and engaging science writing of the year. Culled from a wide variety of publications, these selections of outstanding journalism cover the full spectrum of scientific inquiry, providing a comprehensive overview of the most compelling, relevant, and exciting developments in the world of science. Provocative and engaging, *The Best American Science Writing 2011* reveals just how far science has brought us—and where it is headed next.

### **The Pot Book**

Vancouver artist Sandra Yuen MacKay has an abnormality of the brain - a disease called schizophrenia. As she says, "my life is schizophrenic because I have schizophrenia. It will always be there." Much of her life has been a struggle to cope with the symptoms of her disease and the side effects of the medications required to keep those symptoms in check. Early in her life, Sandra started to exhibit the typical symptoms of this disease which came as a surprise to her unsuspecting family. Her book chronicles her struggles, hospitalizations, encounters with professionals, return to school, eventual marriage, and success as an artist, writer and advocate. "Remarkably compelling the book takes on a life of its own a gripping narrative" Library Journal "There are precious few people who have experienced psychosis and can convey it accurately, clearly, and concisely. Sandra MacKay's story is an important one for all of us in the mental health field --doctors, patients, and their families. It is imperative that we take in the lessons she is imparting to us all, on how to manage, and in many ways, triumph, over chronic mental illness."

Julie Holland, MD author, Weekends at Bellevue: Nine Years on the Night Shift at the Psych ER., New York city

## **Operation White Rabbit**

From a distinctive, inimitable voice, a wickedly funny and fascinating romp through the strange and often contradictory history of Western parenting Why do we read our kids fairy tales about homicidal stepparents? How did helicopter parenting develop if it used to be perfectly socially acceptable to abandon your children? Why do we encourage our babies to crawl if crawling won't help them learn to walk? These are just some of the questions that came to Jennifer Traig when—exhausted, frazzled, and at sea after the birth of her two children—she began to interrogate the traditional parenting advice she'd been conditioned to accept at face value. The result is *Act Natural*, hilarious and deft dissection of the history of Western parenting, written with the signature biting wit and deep insights Traig has become known for. Moving from ancient Rome to Puritan New England to the Dr. Spock craze of mid-century America, Traig cheerfully explores historic and present-day parenting techniques ranging from the misguided, to the nonsensical, to the truly horrifying. Be it childbirth, breastfeeding, or the ways in which we teach children how to sleep, walk, eat, and talk, she leaves no stone unturned in her quest for answers: Have our techniques actually evolved into something better? Or are we still just scrambling in the dark?

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