

The day the voices stopped : {a memoir of madness and hope}

Ken Steele
"For 32 years Ken Steele suffered the devastating symptoms of schizophrenia, tortured by inner voices commanding him to kill himself, ravaged by the delusions of paranoia, barely surviving on the ragged edges of society." "The Day the Voices Stopped is the story of Ken Steele's cruel illness and his hard-won recovery.

616.8982 STE

Life behind glass : a personal account of Autism Spectrum Disorder
Wendy Lawson

362.1968982 LAW

Losing my mind : an intimate look at life with Alzheimer's

Thomas DeBaggio

362.196831 DEB

Orchid of the Bayou : a deaf woman faces blindness

Cathryn Carroll

362.41 FIS

Recovered not cured : a journey through schizophrenia

Richard McLean

616.8982 MCL

Eating an artichoke : a mother's perspective on Asperger syndrome

Echo R Fling

362.1968982 FLI

Nothing is impossible : reflections on a new life

Christopher Reeve

791.43 REE

Lucky

Alice Sebold

364.1532 SEB

From the brown couch : Martin's thoughts on life and facing cancer

Martin Roser

The courage to give : inspiring stories of people who triumphed over tragedy to make a difference in the world

Jackie Waldman

179.9 WAL

The man who lost his language

Sheila Hale

362.19681 HAL

Broken silence

Anne Hunt

364.153 HUN

Eli's wings

Elizabeth Best

616.85262 BES

The monster in the mirror : how I overcame bulimia

Karen Mackintosh

616.85263 MCK

She's not there : a life in two genders

Jennifer Finney Boylan

305.3 BOY

Insight into no sight

June L Stead

362.41 STE



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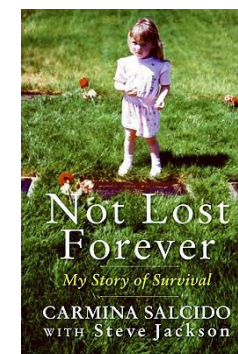
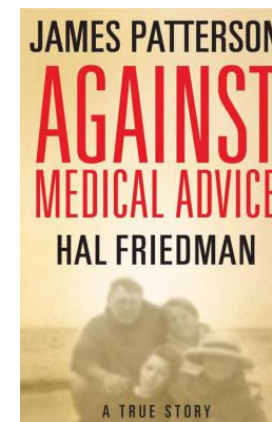
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Against the Odds



Alone: orphaned on the ocean

Richard D Logan

Terry Jo Duperrault was 11 when her family was murdered at sea aboard a chartered sailboat off the coast of Florida. She jumped overboard just in time to escape. Surviving four days on a cork float in the middle of the ocean, Terry Jo's rescue pictures graced LIFE Magazine soon after she was found. Co-authored by psychologist and survival expert Richard Logan, readers delve into the details of how a little girl survived the murder of her family; the gradual collapse of the small cork float she used to keep afloat while guarded by a small pod of whales; and the aftermath and the reclamation of life.

910.452 LOG

Looking for Lionel: how I lost and found my mother through dementia

Sharon G Snir

Looking for Lionel is a warm, insightful memoir about how dementia entered Sharon Snir's family and left them struggling with fear and sorrow. As Sharon shares her inspirational story, she invites you into her world of laughter and tears. Written for family and friends of those with the disease, it helps readers regain their courage and find the joys of relating in the here and now.

616.83 SNI

Not lost forever: my story of survival

Carmina Salcido

Twenty years ago, one man's murderous rampage destroyed his own family . . . and devastated a community. Now the only survivor-his daughter-tells her story at last.

364.1523 SAL

Try, try again

Jason Barrell

Former professional rugby player Jason Barrell has faced some tough times - undiagnosed dyslexic, a broken neck and a life-threatening brain operation that left him semi-paralysed - but he is now one of New Zealand's most successful inspirational and motivational speakers. TRY, TRY AGAIN is a truly uplifting story of courage.

158.1 BAR

Sink or swim: the story of a survivor

Shelley Hanna

An inspirational story of a cancer survivor, whose common sense and optimistic approach has a message for us all. Shelley Hanna was diagnosed with breast cancer in 2000, at the age of 41, and underwent a double mastectomy followed by three months of aggressive chemotherapy. After her treatment she resumed swimming with a local masters club, which proved to be a huge step towards her mental and physical fight back to health. Shelley went on to win 3 gold medals in her age group at the 2004 NZ masters Games and went on to train as an Encore Instructor with the YWCA. To celebrate her fifth year in remission, Shelley cycled 500km through Vietnam and Cambodia with her husband, in a fundraising venture for Oxfam NZ. Sink or Swim is her poignant, inspiring and highly entertaining story of her journey from cancer victim to cancer survivor.

362.196994 HAN

Against medical advice

James Patterson

Cory Friedman woke up one morning when he was five years old with the uncontrollable urge to twitch his neck. From that day forward his life became a hell of irrepressible tics and involuntary utterances, and Cory embarked on an excruciating journey from specialist to specialist to discover the cause of his disease. Soon it became unclear what tics were symptoms of his disease and what were side effects of the countless combinations of drugs. The only certainty is that it kept getting worse. Simply put: Cory Friedman's life was a living hell. AGAINST MEDICAL ADVICE is the true story of Cory and his family's decades-long battle for survival in the face of extraordinary difficulties and a maddening medical establishment. It is a heart-rending story of struggle and triumph with a climax as dramatic as any James Patterson thriller.

616.83 PAT

One step at a time : a story of survival

Claire Anderson

362.883 AND

George and Sam : autism in the family

Charlotte Moore

616.8982 MOO

Crystal clear: the inspiring story of how an Olympic athlete lost his legs due to crystal meth and found a better life

Eric LeMarque

Former Olympian Eric LeMarque recounts a harrowing tale of survival of eight days in the frozen wilderness, of losing his legs to frostbite, and coming face-to-face with death. But Eric's ordeal on the mountain was only part of his struggle for survival as he reveals, with startling candor, an even more harrowing and inspiring tale of fame and addiction, healing and triumph. A gifted hockey player in his teens, he was later drafted by the Boston Bruins and a 1994 Olympian. But when his playing days were over, Eric felt adrift. Everything changed when he first tasted the rush of hard drugs the highly addictive crystal meth which filled a void left by hockey and fame. By the time Eric reached the peak of Mammoth Mountain in 2004, he was already dueling demons that had seized his soul. In the end, a man whose life had been based on athleticism would lose both his legs, relearn to walk even snowboard with prosthetics, and finally confront the ultimate test of survival: what it takes to find your way out of darkness, and after so many lies to tell truth... and begin to live again.

362.43 LEM

Divided minds : twin sisters and their journey through schizophrenia

Pamela Spiro Wagner

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, where she had her first major breakdown and hospitalisation. Pamela's illness allowed Carolyn to enter the spotlight that had for so long been focused on her sister.

616.8982 WAG

Spinal dogs : a day in the life of Ivor Disabilitybich

William Gruar

A paraplegic experiences one day of recovery and rehabilitation in the Otara Spinal Unit three months after his accident.

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