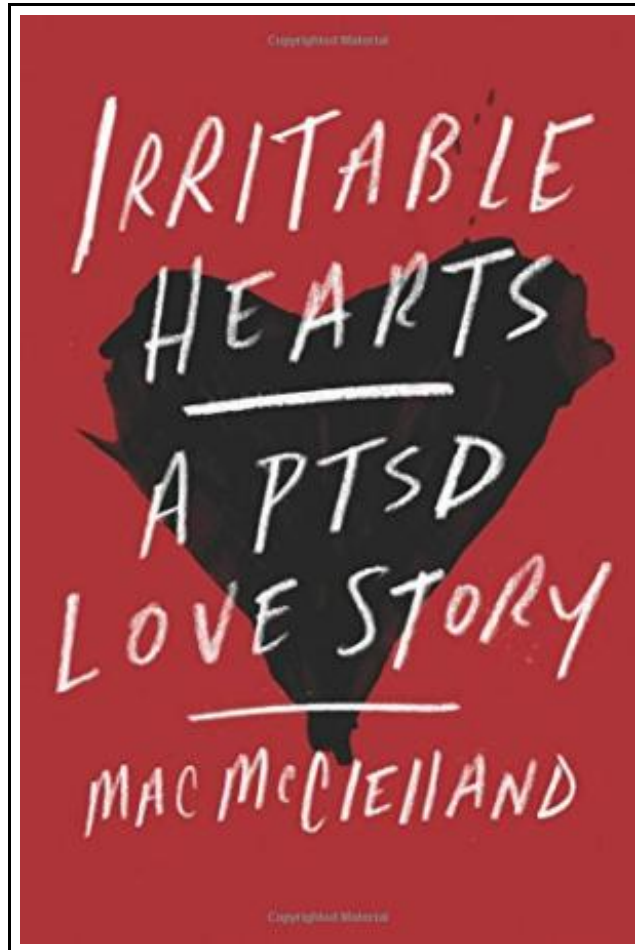


Irritable Hearts: A PTSD Love Story



Filesize: 1.18 MB

Reviews

An incredibly great book with perfect and lucid reasons. It really is written in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf.
(Curt Bogan)

IRRITABLE HEARTS: A PTSD LOVE STORY



Flatiron Books, 2015. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: That we are as strong as we are frail is the most profound of many truths rising out of Mac McClelland's astonishing *Irritable Hearts*. In her unforgettable memoir, McClelland begins to unravel her experience with PTSD while falling in love, traversing the globe and trying to understand both how the mind breaks and what it takes to heal in a world where all too often, we are constantly faced with how terribly vulnerable we are. -Roxane Gay, author of *An Untamed State* and *Bad Feminist* "Mac McClelland is a ferociously talented journalist-and an exceptionally brave one-whose reporting from disaster areas and war zones have left her with Post-Traumatic Stress Disorder. A work of astonishing emotional intensity, fierce intelligence, and soul-baring honesty, *Irritable Hearts* chronicles McClelland's searing battle with PTSD, evoking the symptoms of her disorder-the dissociation, the alternating rage and sadness and numbness, the urge toward self-harm and suicide-with immediacy and remarkable candor (most notably about the sexual fantasies and dysfunctions her PTSD causes). At ;once a memoir, a cockeyed romance, a reporter's travelogue, and a clinical case study, *Irritable Hearts* ;will provide great consolation to others who suffer from PTSD-and McClelland's resilience and determination will resonate powerfully even with those who don't." -Scott Stossel, author of the New York Times bestselling *My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind* ; "McClelland's story asked me to think more deeply about the tragedy of noncombatants in all the world's harsh places and about the future of our own soldiers, who are still so poorly served after they return home. Which is worse: the physical loss of a limb, or the collapse of the essential mental comfort that...



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