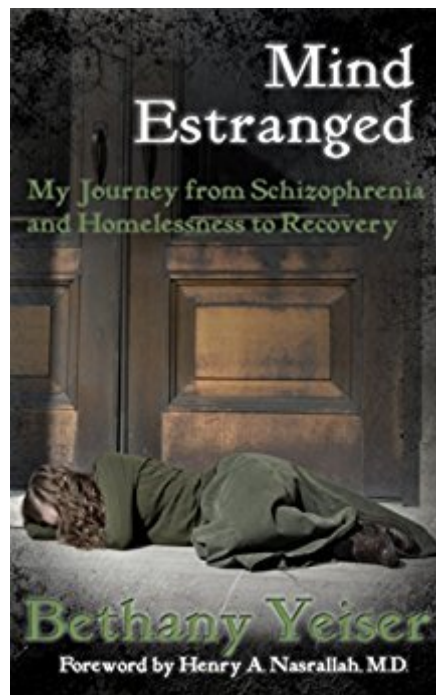




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# Mind Estranged: My Journey From Schizophrenia And Homelessness To Recovery



## Synopsis

MIND ESTRANGED tells the story of Bethany's life, from her years as a promising university student through her gradual descent into schizophrenia, and unexpected, full recovery. While slowly losing her sanity, she traveled the world. She returned to the U.S. unable to work or study and soon found herself homeless, delusional, and controlled by voices that talked to her and gave her orders in her mind. Bethany's memoir enables the reader to enter into the mind of a person with schizophrenia, homeless and roaming the streets. While living in the shadows of society, her illness drove her to refuse all contact with her family and friends, and eventually led to her arrest and hospitalization. Against all odds, she recovered from schizophrenia, returned to college, and graduated with honors. Henry A. Nasrallah, MD, a professor of psychiatry who treated Bethany, writes, "Bethany is living proof that recovery from schizophrenia is possible with good medical care, solid family support and the courage to keep fighting the tormenting voices that ordered her every move and controlled her every thought. MIND ESTRANGED is also a powerful message of encouragement and support for any human being facing an overwhelming challenge at some point in life." MIND ESTRANGED is the companion book to FLIGHT FROM REASON: A Mother's Story of Schizophrenia, Recovery and Hope, by Karen S. Yeiser. FLIGHT FROM REASON parallels the timeline of MIND ESTRANGED.

## Book Information

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## Customer Reviews

This books provides a rare opportunity to step inside the world of mental illness and homelessness. We hear about her growing obsession with saving the poor and sick in Africa, even as she dropped out of school and began living on the streets in her own poverty. We get a firsthand telling of how schizophrenia slowly took over her life, how she rationalized her changes, and the variety of ways people reacted to her (some with harshness, others with great compassion). I know that her experience is unique in many ways, but by telling her story, Bethany puts a face and a personality to how our society handles this much greater issue. For those in anyway directly affected by this disease, Mind Estranged is a must read.

This book is a real eye-opener, an insider's story of the struggles people face in living with, and overcoming mental health issues. My favorite part of the book was the last few chapters, when this young lady began treatment and was re-united with her family. Even finding the best treatment plan was difficult but it gives hope to others that perseverance pays off, and it shows what the encouragement and support of loving family and friends can do in even the most difficult circumstances. I was moved by the reactions of others. While some were cold and hard-hearted, others went above and beyond to do what they could to help.

I found Bethany's story both gripping and illuminating. Gripping -- because like Bethany I've also studied the sciences and gotten involved with poverty abroad, so it was scary to watch such a sympathetic character descend into mental and physical chaos; page by page I wondered how she could possibly emerge. Illuminating -- because it is not uncommon to see people who live on the street manifesting the bizarre behaviors she also fell into, and now I have a sense of how those behaviors 'make sense' within a distorted cognitive and sensorial landscape. I'm so glad Bethany did emerge, to regain her self and share this story.

Do not buy this book if you do not want to be transformed. Wow. This is a quick read filled with genuine, raw emotion; you can sense and FEEL every step of this journey as Bethany travels down

a road filled with emotional pot-holes and spiritual caverns as deep as the ocean. But triumph and mountain tops reign as the book develops and concludes. As a reader, I was on a roller coaster...seeing Bethany's struggles from "the other side" and pulling for her and not wanting her to make some inevitable choices while sensing the out-of-her-control behaviors. She is brilliant, as a professional and as a writer, and it was exhilarating to be part of this amazing story. This book, Bethany's first, has a conclusion but I think the author has just begun!

This is a searing memoir depicting the experience of psychosis in a brilliant, idealistic young woman. It reminds me of Ellyn Sacks' book *THE CENTER CANNOT HOLD*. Bethany Yeiser and Ellyn Sacks, in their respective books, dispel many myths about schizophrenia and the popular viewpoint that someone with schizophrenia is "hopelessly insane" and unable to live a full life and make a meaningful contribution. The author was homeless for a period of time, and the book brings the reader into that experience as well. Hopefully, the reader will be inspired to feel more compassion for homeless people as a result of reading this. Finally, family members of people who suffer from psychotic disorders will gain an understanding of what their loved one is going through, which can be very valuable in terms of both insight and compassion. Kudos to the author for her articulate and honest story. There is a companion volume by her mother called *FLIGHT FROM REASON*, which I also recommend. Both books give hope that the future for people with schizophrenia can be bright, when appropriate treatment is given.

A open memoir into an illness that is not understood. Bethany takes us into a world that few will ever experience but is all around us.

We greatly love her parents and prayed for their daughter to return home...It is amazing to now read how God was at work. Now with a dear one of our own struggling, Pastor and Karen have given us great hope and encouragement. I'm so proud of their Bethany....as she shines out of the shadows!

Once starting to read this book, I did not want to put it down. Bethany's story is very riveting as she opens up about her life on the road to and the subsequent road back from schizophrenia. As a psychology graduate, the science of the brain and behavior has been a passion of mine, and this book truly gives one a glimpse into the thoughts and subsequent behavior of someone in the midst of the brain's malfunction. As a member of the church where Bethany's father pastored, I knew Bethany and her family when she was a child. I knew her as a very bright and musically gifted

young lady. It was an answer to my and many others' prayers when I learned she was reconnected with her family. Even though it is impossible to even imagine what she and the family went through during her time of estrangement, this book is a very detailed look into what her life was like during that time, and the thinking process which caused her to stay away from those she had loved so dearly and who also dearly loved her. This is a book which will give hope to many, and will be appreciated by anyone who reads it.

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