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All The Things We Never Knew: Chasing The Chaos Of Mental Illness



Synopsis

A reporter chases the biggest story of her life—her husband's descent into mental illness. Even as a reporter, Sheila Hamilton missed the signs as her husband David's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and passionate partner was dead within six weeks of a diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. *All the Things We Never Knew* takes readers from David and Sheila's romance through the last three months of their life together and into the year after his death. It details their unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. Now, a decade after David's death, Sheila and her daughter, Sophie, have learned the power of choosing life over retreat; let themselves love and trust again; and understand the importance of forgiveness. Their story will resonate with all those who have loved someone who suffers from mental illness.

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Customer Reviews

There are more accurate and better written books out there. A much better choice would be " An unquiet mind " by Kay Jamison. I have heard her speak several times and her book is considered the most definitive about people with BPD and the people around them. I wish that I had gotten this book from the library, I have found it to be offensive in a number of ways, including the fact that she realizes things are going downhill when her nail polish is chipped. Pass on this one.

I was expecting more ways to help ie, more listings of referral for mental health help, and less memoir, by what I was hearing on the radio. So it was a disappointment to me. Also, talk about not wanting to admit failure/ biggest case of blinders ever, and staying for all the wrong reasons!.. Seriously?! Sorry but no sympathy for someone who allows her kid to be in danger around a man SHE KNEW wasn't okay... but didn't want to deal with it, due to career demands. So it's okay.

This is a beautifully written, insightful, sensitive book about mental health's impact on individuals, families and descendants. KINK-FM News Director not only shares the journey her ex-husband went through, but also new information about treating brain disorders. This is a highly sensitive, personal book, written by a journalist (so it's a lovely read also). Highly recommend.

An enlightening account of the turmoil of living with a bipolar partner. The author States that it's hard to understand why a bipolar person would choose death to resolve a temporary problem. Bipolar is not a temporary problem. Once diagnosed, it becomes your affliction for the rest of your life. Sure, some chemical concoctions may make the day to day life more tolerable, but, the illness is still there masked to hide the unexplainable behaviors we try to keep in check.

https://www..com/gp/product/1580055842/ref=cm_cr_ryp_prd_ttl_sol_0 Its very well written, educational, insightful, sad, and an easy to read love story. The subject of mental illness becomes understood as a brain disorder, and not a reflection of the person. Whether, or not you've truly experienced a person with mental illness 'All the Things We Never Knew' allows you to comprehend. Sheila has presented a complex world, within a person, within the educational and medical world - there are so many terms; and research where there can be help. I do recommend that you read it, and I have recommended to friends.

Truly captivating story that had me laughing and crying. It really opened my eyes to the struggles endured by people with mental illnesses and their families. As a student of psychology, it is imperative to be able to relate to patients and this pushed me one step forward. Honestly, the main character's strength to push forward despite the devastation of her husband's loss is admirable. I also agree that love and intimacy can light up even the darkest of situations, even when all hope is almost lost.

A great read- a gripping story filled with important information about brain disease and its treatment. Thank you for sharing your resurrection story!

a remarkably well written story of the impact of living with a significant family member whose mental illnesses were unknown at first; as the family attempted to cope with the impact of the illness and the stresses on the other family members, the reader becomes like another participant in the story. The author has interspersed helpful clinical and resource-related information at the beginning of each chapter to move the reader along so that the actual impact of living with someone with a mental illness is fully experienced.

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