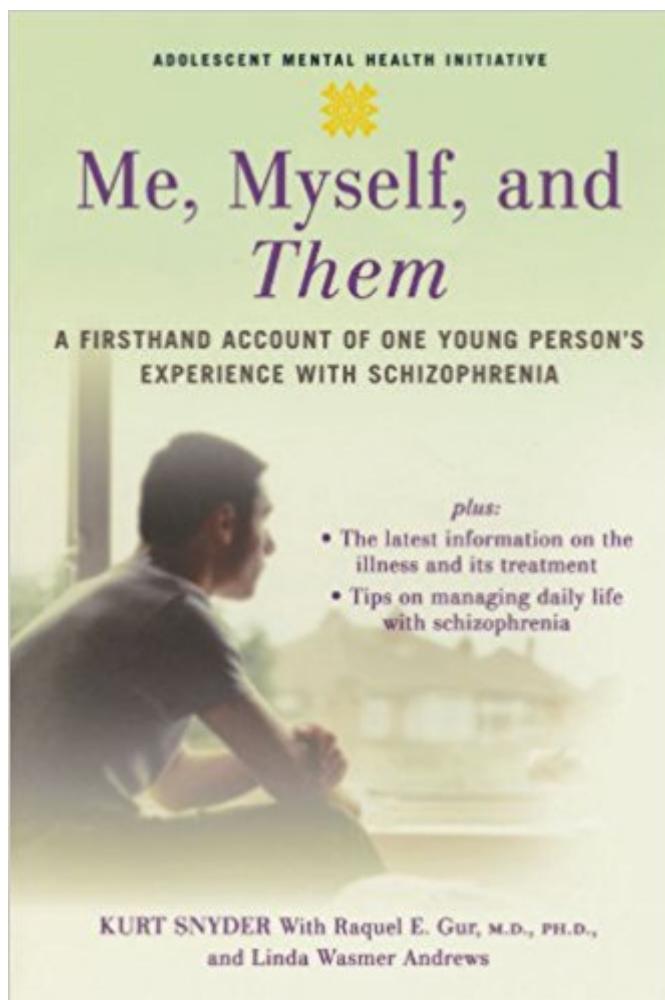


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# Me, Myself, And Them: A Firsthand Account Of One Young Person's Experience With Schizophrenia (Adolescent Mental Health Initiative)



## Synopsis

During his second semester at college, Kurt Snyder became convinced that he was about to discover a fabulously important mathematical principle, spending hours lost in daydreams about numbers and symbols. In time, his thoughts took a darker turn, and he became preoccupied with the idea that cars were following him, or that strangers wanted to harm him. Kurt's mind had been hijacked by schizophrenia, a severe mental disorder that typically strikes during the late teen or young adult years. In *Me, Myself, and Them*, Kurt, now an adult, looks back from the vantage point of recovery and eloquently describes the debilitating changes in thoughts and perceptions that took hold of his life during his teens and twenties. As a memoir, this book is remarkable for its unvarnished look at the slow and difficult process of coming back from severe mental illness. Yet Kurt's memoir is only half the story. With the help of psychiatrist Raquel E. Gur, M.D., Ph.D., and veteran science writer Linda Wasmer Andrews, Kurt paints the big picture for others affected by adolescent schizophrenia. Drawing on the latest scientific and medical evidence, he explains how to recognize warning signs, where to find help, and what treatments have proved effective. Kurt also offers practical advice on topics of particular interest to young people, such as suggestions on managing the illness at home, school, and work, and in relationships with family and friends. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *My, Myself, and Them* offers hope to young people who are struggling with schizophrenia, helping them to understand and manage the challenges of this illness and go on to lead healthy lives.

## Book Information

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## Customer Reviews

"Like a Sea World underwater view, Me, Myself, and Them provides a riveting peek into the world of schizophrenia for parents like me who yearn for understanding. For young people with schizophrenia, like our son, the book orients a frightening illness. For both families and persons with mental illness, this book is laced with hope, something in short supply in most other books."--Mindy Greiling, Minnesota State Representative and Executive Board Member, National Alliance on Mental Illness"This beautifully told personal story provides an innovative platform for solid information about schizophrenia and its treatment. Highly informative to persons struggling with the onset of psychosis, and to families, friends, and mental health workers who struggle to understand and help."--William T. Carpenter Jr., M.D., Professor of Psychiatry and Pharmacology, University of Maryland School of Medicine"The firsthand account is realistic."--Jim Greiling, diagnosed with schizophrenia at age 21, now 29 years old"The authors provide a first rate resource for anyone whose life is touched by schizophrenia. Through solid, easy to understand language, the manuscript provides useful guidance for others coping with this disease. Highly recommended." --Ming Tsuang, M.D., Ph.D., Department of Psychiatry, University of California, San Diego"Me, Myself and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia is a straightforward and marvelously lucid retelling of Kurt Snyder's battle with his demons. Not only does it show us the experience of psychosis, it also explains, in jargon-free language, what each element of that experience means. Compelling and eminently readable, a book like this ought to be required reading for all high school and college students, demystifying as it does an illness all too long shrouded in misunderstanding, confusion, and fear."--Pamela Spiro Wagner, author of *Divided Minds: Twin Sisters and Their Journey Through Schizophrenia*"I strongly recommend this book to patients, families, clinicians and researchers interested in a first hand account of how schizophrenia changes the way the world looks, feels, and behaves. It is very moving and very informative. From compelling descriptions of changes in mood, cognition and perception to explanations about how the brain is affected and how drugs work, this brief but detailed personal statement and review of the state of the field is invaluable."--Daniel R. Weinberger, M.D., Director, Genes, Cognition and Psychosis Program IRP, NIMH, NIH

Kurt Snyder is a database administrator for the state of Maryland as well as president of his local

volunteer fire department. Rachel Gur, MD, PhD, is Professor of Psychiatry, Neurology, and Radiology at the University of Pennsylvania in Philadelphia, where she has acted as Director of the Neuropsychiatry section and the Schizophrenia Research Center. Linda Wasmer Andrews is a freelance health and psychology writer based in Albuquerque, New Mexico. She is the coauthor of *Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression* as well as the author or coauthor of numerous other books, including *Stress Control for Peace of Mind*. Her writing has appeared in magazines such as *Self*, *Parenting*, and *Psychology Today*.

I agree with others who have said that the clinical stuff should have been left out. Kurt's personal story and his account were very well written and could help and give hope to others with a similar diagnosis but his story is interrupted throughout the book with clinical jargon and explanations inserted by the co-authors. I wanted to give this book to my son to read, and I did, but I don't think he'll get thru the lengthy clinical intro or past the numerous sections of inserted clinical info to actually get thru Kurt's story. Kurt's story should be told interrupted from Chapter 1 and the clinical information added to the end of the book for those who wish to learn more about the clinical side of schizophrenia - which is NOT likely to be adolescents and young adults (the intended audience?).

Easy to read. I liked the material describing aspects of Schizophrenia and its treatment as well as the personal stories. It gave a lot of information that I found to be accurate (I have Schizoaffective Disorder). Very good book.

This book, about a young person, is also great for adults. Symptoms are the same, therapy and medications are often the same, and it is easy to understand. If your child (no matter what age) has been diagnosed with Schizophrenia, this book is definitely a must. It explains what happens in such an understandable way. You will feel like an expert once you read this book, even though I still can never spell the disease perfectly. It's not an expensive book either. Add this to your library if you want to know what to expect and how to deal with Schizophrenia. See, I did it again. I need a Websters dictionary.

As a sibling of someone who has gone through this terrible disorder and as a mental health professional, I appreciate this young man's account and heart poured into this book. He gives a firsthand look into how his life was impacted. Very easy read and worth your time.

It is interesting to hear Kurt's story. However it is clear that this book is co-written by doctors who promote the medical diagnosis and treatment of distress. Very biased in that sense. I suggest to read Kurt's account and skip the rest. I do suggest reading R.D Laing, Thomas Szasz and Seth Farber.

I purchased this line of books to have relate able items for my students in counseling. I've enjoyed the books & felt they're easy to read for the younger audience. I will definitely purchase more in the future.

This book was very informative and very effective in explaining the illness from a young person's point of view. It answered my questions about how a person with this illness thinks. This book removed some of the fear I had about the illness because it explained what some of the thought processes a person may have when they are exhibiting signs of the illness. This book was very easy to read and I bought multiple copies for my family members.

Very good read. Recommend to anyone who is affected by or cares for someone affected by schizophrenia.

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