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Von Fiona Shaw

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OUT *of* ME



A memoir of postnatal depression


Fiona Shaw

"An exceptional memoir..."

At times, it makes Sylvia Plath's 'The Bell Jar' ring hollow"

– Kate Kellaway, Observer

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Von Fiona Shaw : Out of Me (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Out of Me (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Ein Einblick...Von LeChatNoir...in die Gefhls- und Gedankenwelt einer Frau mit postnataler Depression. Zum ersten Mal in meinem Leben wurde ich (im Rahmen eines Seminars an der Uni) mit diesem Thema konfrontiert. Zu sehr wird es von der ffentlichkeit ignoriert, speziell in unserer Leistungsgesellschaft. Entsprechend wird mit Betroffenen, welche an der extremen Form (wie die Autorin) leiden, umgegangen. Ihren Leidensweg schildert die Autorin sehr eindrucksvoll und mitreierend - teilweise war mir beim Lesen ganz elend. Speziell interessant - wenn nicht gar am interessantesten - fand ich den zweiten Teil des Buches, in dem sich Shaw auf die Suche begibt, nach potenziellen Grnden fr ihre Predisposition fr die Erkrankung, welche in ihrer Vergangenheit liegen.Eine aufrttelnde Memoire!Einen Stern ziehe ich

ab, weil es auch in diesem Buch Lngen gibt, die eventuell fr die Autorin nicht wegzudenken waren, aber fr den Leser nicht unbedingt wichtig sind.

Kurzbeschreibung Fiona Shaw has a loving husband, a dream cottage in Yorkshire and has just given birth to her second child. Ten days later she is hospitalised in a psychiatric unit for severe postnatal depression. In this powerful memoir she describes how the 'Baby Blues' suddenly developed into something much more serious, and recalls the months of despair which nearly destroyed her. Only when she emerged from the nightmare and produced this startling testimony could she regain control of her life and triumph over the past. With an introduction by Adam Phillips: 'Stark and subtle... She never gives up on her heartfelt wish to be accurate about the kind of emotional turbulence that renders us unintelligible Out of Me is a quest, and a request... for new ways we can look after each other. For new ways of writing'. de Out of Me is the compelling account of Fiona Shaw's hellish descent into post-natal depression. In a book which has drawn comparison with Sylvia Plath's *The Bell Jar*, she attempts to piece together her shattered identity in a testimony that is both intensely personal yet strangely objective. The journey takes her back to a childhood where, peddled relentlessly to and fro between divided families, she was always the outsider. Increasingly driven into herself, she began to enact more and more obsessive cries for help. The most heart-rending episode tells of a feigned back pain that became a way of gaining her parents' attention. The weeks in hospital turn into months. She undergoes one test after another as the doctors try to determine the cause of her mysterious condition and finally, incredibly, spinal surgery. The terrifying clarity of her words transports you into the skewed world of a desperate child where the line between real and pretend becomes blurred. It is here we see the root of Shaw's terrifying ability to disassociate from herself and gain an insight into a bizarre psychic splitting process that can occur under extreme emotional stress. Perhaps, Shaw wonders, her breakdown came when it did because at last she was in a safe, loved enough place to allow it to happen. Out of Me explores themes of memory and identity, the fragile, fallible structures upon which we base our selves. It is a story of terrible, almost fatal despair but finally one of survival, reconstruction and understanding. --Rebecca Johnson Pressestimmen Out of Me is the compelling account of Fiona Shaw's hellish descent into post-natal depression. In a book which has drawn comparison with Sylvia Plath's *The Bell Jar*, she attempts to piece together her shattered identity in a testimony that is both intensely personal yet strangely objective. The journey takes her back to a childhood where, peddled relentlessly to and fro between divided families, she was always the outsider. Increasingly driven into herself, she began to enact more and more obsessive cries for help. The most heart-rending episode tells of a feigned back pain that became a way of gaining her parents' attention. The weeks in hospital turn into months. She undergoes one test after another as the doctors try to determine the cause of her mysterious condition and finally, incredibly, spinal surgery. The terrifying clarity of her words transports you into the skewed world of a desperate child where the line between real and pretend becomes blurred. It is here we see the root of Shaw's terrifying ability to disassociate from herself and gain an insight into a bizarre psychic splitting process that can occur under extreme emotional stress. Perhaps, Shaw wonders, her breakdown came when it did because at last she was in a safe, loved enough place to allow it to happen. Out of Me explores themes of memory and identity, the fragile, fallible structures upon which we base our selves. It is a story of terrible, almost fatal despair but finally one of survival, reconstruction and understanding.' - Rebecca Johnson, AMAZON.CO.UK REVIEW 'Her brave book is hugely valuable...' - INDEPENDENT ON SUNDAY