

IRRITABLE
HEARTS

A PTSD
LOVE STORY

MAC MCCLELLAND

Irritable Hearts A Ptsd Love Story

Dean Yates



Irritable Hearts A Ptsd Love Story:

Irritable Hearts Mac McClelland, 2015-02-24 An award winning journalist explores the pain of bearing witness A valuable portrait of what it is like to live with PTSD striking candor The New York Times Book Review Back in California after reporting on Haiti s devastating 2010 earthquake Mac McClelland can t stop reliving vivid scenes of horror She s plagued by waking terrors violent fantasies and crippling emotional breakdowns She can t sleep or stop crying It becomes clear that she s suffering from post traumatic stress disorder Her bewilderment about this sudden loss of control is magnified by the intensity of her feelings for Nico a French soldier she met in Port au Prince and with whom she connected instantly and deeply In this book the foreign correspondent tackles perhaps her most harrowing assignment to date investigating the damage in her own mind She probes the depths of her illness explores our culture s history with PTSD delves into the latest research and spends time with veterans and their families She learns that while we associate PTSD with wartime it is more often caused by other types of trauma and can even be contagious Irritable Hearts is a searing personal medical mystery that unfolds at a breakneck pace But it is also a love story as McClelland fights desperately to repair her heart so she can give it to the kind patient and compassionate man with whom she wants to share a life Ultimately it is a remarkable exploration of vulnerability and resilience Unforgettable Roxane Gay New York Times bestselling author of Hunger A deft emotionally engaged memoir As much as the love story at the heart of the book is a great romance it s also a very funny one McClelland is not the sort of person who needs to idealize either herself or the man who became her husband It s a grown up relationship story And as a bonus Irritable Hearts has a section on trauma and triggers that adds useful context to many of our present debates about discourse on the Internet The Washington Post McClelland pulls back a dark heavy curtain on the costs paid by those who travel to the far corners of the planet to gather difficult news on difficult subjects Writing like this takes courage perhaps as much or even more than reporting from a war ravaged land San Francisco Chronicle , Me Too, Feminist Theory, and Surviving Sexual Violence in the Academy Laura A. Gray-Rosendale, 2020-03-09 Powerfully written and theoretically grounded Me Too Feminist Theory and Surviving Sexual Violence in the Academy collects a range of perspectives from sexual assault survivors with backgrounds in academia The contributors in this collection connect their experiences of sexual violence to their research and work within the academy as well as their lives outside of it Contributors analyze the events surrounding their experiences with sexual violence as well as the cultural social and political effects Their analyses are located within discussions of recent cultural events and the larger contexts of race ethnicity class age gender sexuality region and nation **The Cambridge Companion to Human Rights and Literature** Crystal Parikh, 2019-07-11 This Companion considers what theoretical and practical possibilities emerge at the crossroads of human rights and literature *Line in the Sand* Dean Yates, 2023-06-27 Dean Yates was the ideal warzone correspondent courageous compassionate dedicated After years of facing the worst though including the Bali bombings and the Boxing Day tsunami one

final incident undid him In July 2007 two of his staff members were brutally gunned down by an American helicopter in Iraq What followed was an unravelling of everything Dean thought he knew of himself His PTSD was compounded by his moral wound the devastation of what he thought he knew of the world and his own character and beliefs After years of treatment including several stints inside a psychiatric facility Dean has reshaped his view of the true meaning of life Here in all its guts and glory is that journey to a better way of being Dean has been to the blackest heart of humanity and come out with strength and hope

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Beads of Healing Kristen E. Vincent, 2017-03-01 Healing from trauma begins with the courageous act of telling your story Yet many survivors of trauma are afraid to tell anyone about their deeply painful and personal experiences Trauma survivors often feel shame guilt fear and anger They may also carry deep spiritual wounds such as feeling abandoned or punished by God They may wonder how they can ever trust God In *Beads of Healing* Kristen Vincent shares her story of childhood trauma and how she eventually found God's peace healing and wholeness She tells how over 35 years after the trauma she encountered God as never before in the presence of a Christian community In this setting where she felt safe and loved and through the help of spiritual practices like scripture reading prayer group sharing and reflection she finally found the peace she had been seeking since age 7 Vincent models how to name feelings of grief anger abandonment shame and fear She gives readers ideas for ways to use prayer beads as a safe way to enter conversations with God to talk honestly with their Creator and open themselves to God's love This powerful story of one woman's journey to spiritual healing offers hope for all trauma survivors as well as those who have experienced loss hurt or other spiritual wounds Each chapter includes a scripture passage that supports the chapter theme truth telling the author talks about the chapter theme from her perspective reflection questions a prayer bead experience a listening focus a line to repeat with your prayer beads an opportunity to check in with yourself before moving forward NOTE The author recommends that readers study this book with someone a therapist pastor spiritual director or support group *Beads of Healing* features a Leader's Guide with an outline for 16 sessions links to instructions for making prayer beads and a guide to using prayer beads This book will be a valuable resource for pastors counselors and others who provide support for trauma survivors

For Us Surrender Is Out of the Question Mac McClelland, 2010-02-10 The human rights journalist and author of *Irritable Hearts*

A PTSD Love Story shines a light on the Karen refugees fleeing Burma's genocide. There's a civil war the world's longest running in fact raging between the Burmese government and ethnic rebels. But since Burma is a country nearly shut out from the rest of the world the only footage of the carnage comes via groups of young tough booze loving refugees who run into war zones to collect it. And with these refugees is where we find Mac McClelland embedded in her staggering debut *For Us Surrender Is Out of the Question*. McClelland weaves a narrative that is part investigative journalism part popular history and part memoir of a Midwestern twenty something girl living with refugee activists on the Burma Thailand border. Driven by the community McClelland is illegally aiding a small group of brave young men and women. *For Us Surrender Is Out of the Question* is an urgent and fascinating look at a weary conflict told by a bright new voice. Alternately poignant and raucous angry and heartbreaking McClelland's reporting is very much from the ground up far livelier than we will ever get from the average foreign correspondent. Adam Hochschild New York Times bestselling author. Any reporting on the notoriously under documented Burmese war is critical reading a page turner like this one is not to be missed. San Francisco Magazine. Gritty informed passionate McClelland's gonzo sensibility big heart and keen eye for weird details bring this tale of inhuman cruelty and human resilience vividly alive. Gary Kamiya cofounder of Salon.

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