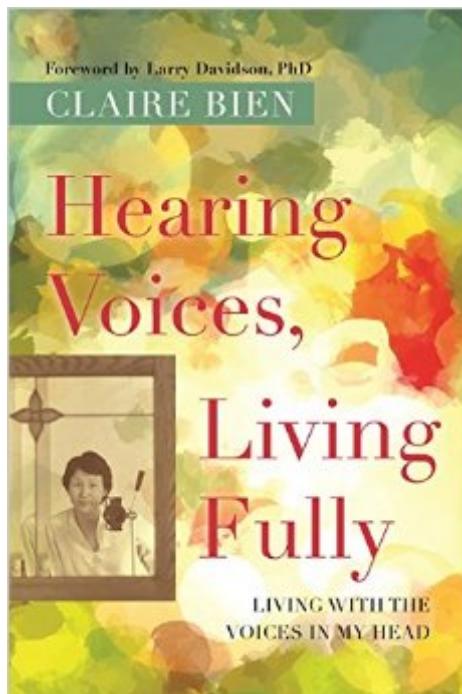


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# Hearing Voices, Living Fully: Living With The Voices In My Head



## Synopsis

When Claire Bien first began hearing voices, they were infrequent, benign and seemingly just curious about her life and the world around her. But the more attention Claire paid, the more frequently they began to speak, and the darker their intentions became... Despite escalating paranoia, an initial diagnosis of Schizophreniform Disorder and taking medication with debilitating side effects, Claire learned to face her demons and manage her condition without the need for long-term medication. In this gripping memoir, Claire recounts with eloquence her most troubled times. She explains how she managed to regain control over her mind and her life even while intermittently hearing voices, through self-guided and professional therapy and with the support of family and friends. Challenging a purely medical understanding of hearing voices, Claire advocates for an end to the stigma of those who experience auditory verbal hallucinations, and a change of thinking from the professionals who treat the condition.

## Book Information

Paperback: 272 pages

Publisher: Jessica Kingsley Publishers (June 21, 2016)

Language: English

ISBN-10: 1785927183

ISBN-13: 978-1785927188

Product Dimensions: 5.1 x 0.7 x 7.8 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (6 customer reviews)

Best Sellers Rank: #287,513 in Books (See Top 100 in Books) #67 inÂ  Books > Health, Fitness & Dieting > Mental Health > Schizophrenia #536 inÂ  Books > Christian Books & Bibles > Christian Living > Spiritual Warfare #767 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

One cannot begin to review a person's memoir and give it a rating, especially one as intimate as Claire Bien's story of living with schizophrenia. I have personal experience with the topic of this book but won't go into any further details. At various points, I found Claire's story provocative, inspiring and scary. She tells us first hand what it is like to live with hearing voices, both good and evil. Claire had two major psychotic events which landed her in the hospital, has lived a life filled with psychiatric care but has chosen to handle her disease without medications. This memoir tells how

she conquered the voices and learned to live with them while not relying on medication. She explicitly states, though, that the non-medication route is categorically not for everybody but that it can indeed work for many. This book has ultimately given me major incite into what one person's life is like living with hearing voices and shown me many avenues to explore about this condition. I do find the non-medication route to be one I am leery of and even after her last chapter describing her rational thoughts now on her current state of living with her full potential, I do hesitate to wonder what her life would have been like had she had access to the medications available today rather than the ones she experienced in the early eighties. This book has left me with a sense of wanting to read other personal stories, which I've been hesitant to do before, and also leaves me with a desire to write, myself. I will be reflecting on her story and accomplishments for some time to come. Put aside any misconceptions you may have and read Claire's memoir to find out how one person can survive and even thrive whilst hearing voices within their own mind.

Claire Bien's memoir is a remarkable invitation into the world of people who hear voices. I read the whole book in 24 hours becoming completely absorbed in it. I was exhausted at the end and was in awe that she had the energy first of all to live her story, and then to tell it with such immediacy and feeling. I felt I was taking every step with her. I know that it will help those who hear voices and those of us who know and care about people who do.

Claire Bien's Memoir, Hearing Voices, Living Fully, is a fast-paced, powerful, and moving story that captures the reader's attention. I admire her courage in writing such a life-baring story--she truly sliced open her life for all to see -- with all its human foibles, pain, and joys. It was like watching surgery. I'm sure she had pangs of doubt, as Kay Jamison did when she wrote and published AN UNQUIET MIND, wondering how it would be accepted and judged. Claire took that leap. Mental illness is the country's silent epidemic. Claire has humanized it and shown that the world would never guess how many people have it.. We need more voices like hers to end the silence and darkness about these very common and seriously disabling illnesses. As a NAMI Family-To- Family teacher, when I state NAMI's statistic that one in four families are touched by mental illness. I like to add that the other three families are keeping the secret. Claire's memoir was a powerful and courageous read.Marc D.

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