

Blue Genes A Memoir Of Loss And Survival

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Blue Genes A Memoir Of

Blue Genes: A Memoir of Loss and Survival. by Christopher Lukas. 3.36 · Rating details · 200 ratings · 30 reviews. Christopher (Kit) Lukas ' s mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family ' s history of depression and bipolar disorder.

Blue Genes: A Memoir of Loss and Survival by Christopher Lukas

Blue Genes portrays the lives of two brothers who alternately locked horns and found solace in each other. Written with heartrending candor, it captures the devastation of this family legacy of depression, but it is also surprisingly uplifting, as it details the strength and hope that can provide a way of escaping its grasp.

Blue Genes: A Memoir of Loss and Survival by Christopher ...

Blue genes : a memoir of loss and survival. [Christopher Lukas] -- Kit Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died.

Blue genes : a memoir of loss and survival (Book, 2008 ...

Blue Genes is the memoir of producer/director Christopher (Kit) Lukas, which regales his life and his relationship with his brother, Tony. The Lukas boy ' s mother committed suicide when they were children, something the kids didn ' t know until much later.

Blue Genes: A Memoir of Loss and Survival by Christopher ...

The younger brother Kit is the author of this memoir. He always felt abandoned by first his mother then his father & somehow by his older brother whom he always looked up to. The "blue genes" is the familial trait that he feels is responsible for the suicide of his mother & other family members. I thought it was a sad family.

Book Review: Blue Genes by Christopher Lukas | Mboten

Written with heartrending honesty, Blue Genes captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp. Download Blue Genes: A Memoir of Loss and Survival

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Nonfiction Book Review: Blue Genes: A Memoir of Loss and ...

Blue Genes A Memoir of Loss and Survival Christopher Lukas. \$5.99. Share: Description; Author; Info; Reviews; Description. Christopher (Kit) Lukas ' s mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family ' s history of depression and bipolar disorder.

Blue Genes

The author describes growing up with a family legacy of depression, bipolar disorder, and suicide as he details his own battle with bouts of depression and his struggle with grief over the suicide of his brother, Pulitzer Prize-winning author J. Anthony Lukas.

Blue genes : a memoir of loss and survival | Wake County...

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Blue Genes 1 The Story Of Us Series Into The Blue

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Blue Genes A Memoir Of Loss And Survival

Leta Powell Drake, now 82, is a well-known TV personality in Nebraska. In the '70s and '80s, she interviewed quite a lot of stars on TV, including Tom Hanks, Scott Baio, and Elliott Gould.

Christopher (Kit) Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family's history of depression and bipolar disorder. The brothers grew up to achieve remarkable success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his family's troubled past, but Tony never seemed to find the contentment Kit had attained—he killed himself in 1997. Written with heartrending honesty, *Blue Genes* captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp. From the Trade Paperback edition.

Therese Borchart may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, *Beyond Blue*, one of the most trafficked blogs on the site. *BEYOND BLUE*, the book, is part memoir/part self-help. It describes Borchart's experience of living with manic depression as well as providing cutting-edge research and information on dealing with mood disorders. By exposing her vulnerability, she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone. Comprised of four sections and twenty-one chapters, *BEYOND BLUE* covers a wide range of topics from codependency to addiction, poor body image to postpartum depression, from alternative medicine to psychopharmacology, managing anxiety to applying lessons from therapy. Because of her laser wit and Erma Bombeck sense of humor, every chapter is entertaining as well as serious.

Many common psychological problems, such as depression, bipolar disorder, obsessive-compulsive disorder, and ADHD, can be linked to chemical imbalances in the brain. Dr. Paul Meier, whose clinic treats thousands of people per week, has written *Blue Genes* to help find answers for those who struggle. Through fascinating case studies, Dr. Meier shows the dramatic difference counseling and medicine can make. This empowering book addresses how genetics, environment, diet, fitness, and spirituality all affect our minds and our quality of life.

Bill Griffeth, longtime genealogy buff, takes a DNA test that has an unexpected outcome: "If the results were correct, it meant that the family tree I had spent years documenting was not my own." Bill undertakes a quest to solve the mystery of his origins, which shakes his sense of identity. As he takes us on his journey, we learn about choices made by his ancestors, parents, and others - and we see Bill measure and weigh his own difficult choices as he confronts the past.

An Instant **NEW YORK TIMES BESTSELLER** A **LOS ANGELES TIMES**, **BOSTON GLOBE**, **WALL STREET JOURNAL**, and **NATIONAL INDIE BESTSELLER** Named A **BEST BOOK OF THE YEAR** by **Elle* ** Real Simple* ** Kirkus Reviews* ** BookPage* ** "Memoir gold: a profound and exquisitely rendered exploration of identity and the true meaning of family." --People Magazine* "Beautifully written and deeply moving--it brought me to tears more than once."--Ruth Franklin, *The New York Times Book Review* From the acclaimed, best-selling memoirist, novelist and host of the hit podcast *Family Secrets*, comes a memoir about the staggering family secret uncovered by a genealogy test: an exploration of the urgent ethical questions surrounding fertility treatments and DNA testing, and a profound inquiry of paternity, identity, and love. In the spring of 2016, through a genealogy website to which she had casually submitted her DNA for analysis, Dani Shapiro received the stunning news that her beloved deceased father was not her biological father. Over the course of a single day, her entire history--the life she had lived--crumbled beneath her. *Inheritance* is a book about secrets. It is the story of a woman's urgent quest to unlock the story of her own identity, a story that had been scrupulously hidden from her for more than fifty years. It is a book about the extraordinary moment we live in, a moment in which science and technology have outpaced not only medical ethics but also the capacities of the human heart to contend with the consequences of what we discover. Dani Shapiro's memoir unfolds at a breakneck pace--part mystery, part real-time investigation, part rumination on the ineffable combination of memory, history, biology, and experience that makes us who we are. *Inheritance* is a devastating and haunting interrogation of the meaning of kinship and identity, written with stunning intensity and precision.

A riveting Kate Brannigan thriller, from No.1 Sunday Times bestseller Val McDermid. 'Val McDermid remains unrivalled' *Observer*

Wexler tells the story of a family at risk for Huntington's disease, a hereditary, incurable, fatal disorder from which her own mother died. This graceful and eloquent account goes beyond the specifics of the disease to explore the dynamics of family secrets, of living at risk, and the drama and limits of biomedical research. Photos.

This account of growing up with a mentally ill mother " belongs on a shelf of classic memoirs, alongside *The Liars' Club* and *Angela's Ashes* " (Michiko Kakutani, *The New York Times*). As an NPR correspondent, Jacki Lyden visited some dangerous war zones—but her childhood was a war zone of a different kind. Lyden's mother suffered from what is now called bipolar disorder or manic depression. But in a small Wisconsin town in the sixties and seventies she was simply " crazy. " In her delusions, Lyden's mother was a woman of power: Marie Antoinette or the Queen of Sheba. But in reality, she had married the nefarious local doctor, who drugged her to keep her moods in check and terrorized the children to keep them quiet. Holding their lives together was Lyden's hardscrabble Irish grandmother, a woman who had her first child at the age of fourteen and lost her husband in a barroom brawl. In this memoir, Lyden vividly captures the seductive energy of her mother's delusions and the effect they had on her own life. She paints a portrait of three remarkable women—mother, daughter, and grandmother—revealing their obstinate devotion to one another against all odds, and their scrappy genius for survival. " What distinguishes *Daughter of the Queen of Sheba* from any other book about dysfunctional parents . . . and turns this exotic memoir into compelling literature is the dreamy poetry of Lyden's prose. In graceful imagery as original (and occasionally as highly wrought) as her mother's costumes, Lyden—a senior correspondent for National Public Radio—loops and loops again around the central fact of her mother's manic depression and how that illness shaped Lyden's life growing up with two younger sisters, a scrappy Irish grandmother (whose memory she holds like ' a cotton rag around a cut '), a father who left, and a hated stepfather. " —*Entertainment Weekly*

Weaving together family history, genetic discovery, and scenes from her life, Ami McKay tells the compelling, true-science story of her own family's unsettling

legacy of hereditary cancer while exploring the challenges that come from carrying the mutation that not only killed many people you loved, but might also kill you. The story of Ami McKay's connection to a genetic disorder called Lynch syndrome begins over seventy years before she was born and long before scientists discovered DNA. In 1895 her great-great aunt, Pauline Gross, a seamstress in Ann Arbor, Michigan, confided to a pathology professor at the local university that she expected to die young, like so many others in her family. Rather than dismiss her fears, the pathologist chose to enlist Pauline in the careful tracking of those in her family tree who had died of cancer. Pauline's premonition proved true--she died at 46--but because of her efforts, her family (who the pathologist dubbed 'Family G') would become the longest and most detailed cancer genealogy ever studied in the world. A century after Pauline's confession, researchers would identify the genetic mutation responsible for the family's woes. Now known as Lynch syndrome, the genetic condition predisposes its carriers to several types of cancer, including colorectal, endometrial, ovarian and pancreatic. In 2001, as a young mother with two sons and a keen interest in survival, Ami McKay was among the first to be tested for Lynch syndrome. She had a feeling she'd test positive: her mother's side of the family was riddled with early deaths and her own mother was being treated for the disease. When the test proved her fears true, she began living in "an unsettling state between wellness and cancer," and she's been there ever since. Intimate, candid, and probing, her genetic memoir tells a fascinating story, teasing out the many ways to live with the hand you are dealt.

A top behavioral geneticist makes the case that DNA inherited from our parents at the moment of conception can predict our psychological strengths and weaknesses. In *Blueprint*, behavioral geneticist Robert Plomin describes how the DNA revolution has made DNA personal by giving us the power to predict our psychological strengths and weaknesses from birth. A century of genetic research shows that DNA differences inherited from our parents are the consistent lifelong sources of our psychological individuality—the blueprint that makes us who we are. Plomin reports that genetics explains more about the psychological differences among people than all other factors combined. Nature, not nurture, is what makes us who we are. Plomin explores the implications of these findings, drawing some provocative conclusions—among them that parenting styles don't really affect children's outcomes once genetics is taken into effect. This book offers readers a unique insider's view of the exciting synergies that came from combining genetics and psychology. The paperback edition has a new afterword by the author.

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