

## Irritable Hearts A Ptsd Love Story Mac McClelland

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### **Irritable Hearts A Ptsd Love**

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." —Alyssa Rosenberg, The Washington Post "Irritable Hearts is a powerful memoir about a young journalist's painful battle with PTSD and her arduous road to recovery. But it is also a passionate and beautifully rendered love story.

### **Irritable Hearts: A PTSD Love Story: McClelland, Mac ...**

Irritable Hearts: A PTSD Love Story by Mac McClelland (Memoir) This is a remarkable book for several reasons. First, Mac McClelland is an excellent writer and pulls the reader right into her story. Second, McClelland very bravely shares her own worst moments as well as some of her best times.

### **Irritable Hearts: A PTSD Love Story by Mac McClelland**

Irritable Hearts striking candor will win McClelland the empathy she deserves." —Sonia Faliero, The New York Times Book Review "That we are as strong as we are frail is the most profound of many truths rising out of Mac McClelland's astonishing Irritable Hearts. In her unforgettable memoir, McClelland begins to unravel her experience with PTSD while falling in love, traversing the globe and trying to understand both how the mind breaks and what it takes to heal in a world where all too ...

### **Irritable Hearts: A PTSD Love Story by Mac McClelland ...**

While we most often connect it to veterans, PTSD is more often caused by other manner of trauma, and can even be contagious—close proximity to those afflicted can trigger it in those around them. As McClelland confronts the realities of her disorder, she learns to open her heart to the love that seems to have found her at an inopportune moment.

### **Irritable Hearts: Mac McClelland, Cassandra Campbell ...**

A work of astonishing emotional intensity, fierce intelligence, and soul-baring honesty, Irritable Hearts chronicles McClelland's searing battle with PTSD, evoking the symptoms of her disorder--the dissociation, the alternating rage and sadness and numbness, the urge toward self-harm and suicide--with immediacy and remarkable candor (most notably about the sexual fantasies and dysfunctions her PTSD causes).

### **Irritable Hearts: A PTSD Love Story - Kindle edition by ...**

In her new memoir, "Irritable Hearts: A PTSD Love Story," 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...

### **'Irritable Hearts: A PTSD Love Story,' by Mac McClelland**

While we most often connect it to veterans, PTSD is more often caused by other manner of trauma and can even be contagious--close proximity to those afflicted can trigger it in those around them. As McClelland confronts the realities of her disorder, she learns to open her heart to the love that

seems to have found her at an inopportune moment.

## **Amazon.com: Irritable Hearts: A PTSD Love Story (Audible ...**

Irritable Hearts is a powerful memoir about a young journalist's painful battle with PTSD and her arduous road to recovery. But it is also a passionate and beautifully rendered love story. The way McClelland weaves together these two disparate tales makes this book a brilliant and captivating read.

## **Irritable Hearts: A PTSD Love Story | Flatiron Books**

At once a memoir, a cockeyed romance, a reporter's travelogue, and a clinical case study, Irritable Hearts will provide great consolation to others who suffer from PTSD—and McClelland's resilience and determination will resonate powerfully even with those who don't. Scott Stossel, author of *My Age of Anxiety*

## **"Irritable Hearts": A PTSD Love Story" By Mac McClelland**

Irritable Hearts is a brave and candid memoir of her relentless fight to be well, to continue in her work, and to be able to give her heart to the man she loves. Irritable Hearts is a gripping page-turning story, giving the readers an informed insight into PTSD and the crucial need for continued medical research and treatment as well as compassion for those suffering from PTSD.

## **Summary and reviews of Irritable Hearts by Mac McClelland**

The themes in "Irritable Hearts" will be familiar to readers of a widely circulated essay that McClelland published in 2011 in which she first addressed her PTSD. That essay, in the magazine *Good*,...

## **'Irritable Hearts,' by Mac McClelland - The New York Times**

I've neglected so far to mention the love story woven through Irritable Hearts, and which provides the subtitle: A PTSD Love Story. In a chance meeting that seems, in retrospect, fated, McClelland kisses a French soldier on her first night in Haiti.

## **Tough Love: On Mac McClelland's 'Irritable Hearts: A PTSD ...**

Irritable Hearts A PTSD Love Story by Mac McClelland available in Hardcover on Powells.com, also read synopsis and reviews. "Irritable Hearts striking candor will win McClelland the empathy she deserves." - The New York...

## **Irritable Hearts A PTSD Love Story: Mac McClelland ...**

"In her new memoir, "Irritable Hearts: A PTSD Love Story," 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...

## **Irritable Hearts: A PTSD Love Story (Hardcover) | BookPeople**

"In her new memoir, "Irritable Hearts: A PTSD Love Story," 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...

## **9781250052896: Irritable Hearts: A PTSD Love Story ...**

Irritable Hearts striking candor will win McClelland the empathy she deserves." —Sonia Faliero, The New York Times Book Review "That we are as strong as we are frail is the most profound of many truths rising out of Mac McClelland's astonishing Irritable Hearts. In her unforgettable memoir, McClelland begins to unravel her experience with PTSD while falling in love, traversing the globe and trying to understand both how the mind breaks and what it takes to heal in a world where all too ...

## **Irritable Hearts: A PTSD Love Story (Paperback) | Saturn ...**

PTSD, The Irritable Heart hit home with me more than anything else. When the PTSD struck, my objective and primary purpose was to get well; monstrously competent psychologist who arranged EMDR, found a medical doctor, ..I did everything I knew to do.

## **Amazon.com: Customer reviews: Irritable Hearts: A PTSD ...**

Irritable Hearts striking candor will win McClelland the empathy she deserves." —Sonia Faliero, The

New York Times Book Review "That we are as strong as we are frail is the most profound of many truths rising out of Mac McClelland's astonishing Irritable Hearts. In her unforgettable memoir, McClelland begins to unravel her experience with PTSD while falling in love, traversing the globe and trying to understand both how the mind breaks and what it takes to heal in a world where all too ...

**Irritable Hearts: A PTSD Love Story: McClelland, Mac ...**

Click here to buy a copy of Irritable Hearts: A PTSD Love Story. "No one says that unresolved trauma can kill you. If anyone did, maybe people would take it more seriously. Serious as cancer."

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