



When Quietness Came: A Neuroscientist's Personal Journey With Schizophrenia

Erin L. Hawkes

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When Quietness Came is the true story of a young woman studying neuroscience who, in her final undergraduate year, has a psychotic break, attempts suicide and ends up in hospital. Her struggles to get well and to pursue her PhD are described in this book. Her story is geared to people from a variety of backgrounds. As a neuroscientist, Erin reaches out to the medical community who need to hear this side of the patient. As a schizophrenic, she reaches out to others struggling with this disorder, hoping to draw alongside and offer empathy and hope. Finally, she wants the general public, family and friends of people with schizophrenia to be better able to understand and sympathize with those afflicted.

When Quietness Came: A Neuroscientist's Personal Journey With Schizophrenia **Details**

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Author : Erin L. Hawkes

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From Reader Review When Quietness Came: A Neuroscientist's Personal Journey With Schizophrenia for online ebook

Sandra MacKay says

Erin Hawkes started to hear voices at a young age. Didn't everyone hear them? At least that was her belief. When Quietness Came: A Neuroscientist's Personal Journey With Schizophrenia reveals her struggle with auditory hallucinations and delusions. Despite her long battle, she was an academic star, earning a Master's degree in neuroscience, scholarships and the Hugh Bell award.

I feel Erin is courageous and should be applauded for sharing her story. In her memoir, she can shift from neuroscience expert to describing delusions in less than a page. This book also shows that one can be highly intelligent- even a neuroscientist- but still succumb to paranoid delusions. She writes about self-harm and being put in restraints and injected with medications against her will. The revolving door of repeated relapses and hospitalizations is a reality for many people suffering from mental illness. Erin's story is remarkable that she could achieve so much despite her illness.

I was so wrapped up in this book that I read it in less than a day.

Mike Bull says

This shockingly honest account of multiple hospitalizations associated with mental health problems diagnosed as schizophrenia, and an autobiographical account of the challenges to be understood, heard and respected are an awesome tribute to the author.

I liked the book not only because of its aim--to improve conditions for mental health patients--but because of its honesty in telling a difficult story without whitewashing.

The book covers the author's personal journey during post secondary school an young adult years in an educational and research environment while dealing with the challenge of not knowing who to trust, and how to escape from the pain associated with huge mental health challenges.

Highly recommended.
