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June 2nd, 2020 stylistically interesting and emotionally charged odes to lithium is a unique reading experience and a glimpse into the mind of an artist living with bipolar disorder there were a few poems full of parental blaming that came off as a bit iuvenile from an outsider s perspective but overall this was a great debut collection'

'why i chose shira erlichman s odes to lithium for the

May 3rd, 2020 - but the book is titled odes to lithium and it s the speaker s relationship to lithium which ties this collection together an ode is a lyric poem addressed to a particular subject and very often there s a praising nature to it and so i turn to this

poem titled postscript to mania to close this piece''shira erlichman reflects on odes to lithium foglifter

May 21st, 2020 - read two poems from odes to lithium ode to lithium 107 cliff and ode to lithium 600 side effects republished with permission from psychology tomorrow a magazine that examines the work of thought changing practitioner academics philosophers writers and artists in regular columns features essavs profiles interviews and reviews as well as showcases works by''odes to lithium paperback word June 3rd, 2020 captivating poems and visual art seek to bring fort and solidarity to anyone living with bipolar disorder in this remarkable debut shira erlichman pens a love letter to lithium her medication for bipolar disorder with inventiveness passion

and humor she thrusts us into a world of unconventional praise' 'how does a lithium ion battery work department of energy

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e m s i needed to do something about my moods

it quickly came down to a choice between seeing a psychiatrist or buying a horse and since i had an absolute belief that i should be able to handle my own problems i naturally bought a horse'

'should we all take a bit of lithium new york times May 5th, 2020 - the group whose water had the highest lithium level had nearly 40 percent fewer suicides than that with the lowest lithium level almost 20 years later a japanese study that looked at 18 municipalities with more than a million inhabitants over a five year period confirmed the earlier study s finding suicide rates were inversely correlated with the lithium content in the local water supply'

'odes to lithium by shira erlichman

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ode to lithium bipolarreddit September 21st, 2019 lithium was horrible for me worst med i ve tried so far gave me so much tremors i couldn t even write without it being illegible i had really bad anxiety back then even worse than now and the tremor made it worse because my hands were noticibly shaking all the time and people would have probably thought that i was that anxious which i kind of was but i didn t want to be obvious 'shira erlichman s odes to lithium is a beautiful May 24th, 2020 - shira erlichman s debut book odes to lithium is out september 17th and is a moving testament to the medication for bipolar disorder and the sometimes sexy sometimes painful ways the stigmatized body moves through space i first encountered erlichman s poetry at an association of writers and writing programs conference panel entitled the future is femme and queer'

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'ode to lithium 75 mind over matter boaat press
March 12th, 2020 - ode to lithium 75 mind over matter by shira erlichman i tried but mind over matter is a joke the mind is matter someone s unprofessional opinion was to relax over matter to

sandcastle over wave they aimed to clean up a murder scene from behind a plate of glass it was my murder mine as if i could possess the firegrief that ' 'review odes to lithium shira erlichman alice james May 12th, 2020 - these lines highlight the importance of odes to lithium a book that is driven by and dedicated to creating a sense of munity among those who live with mental health issues in that regard it is a collection that deserves space in conversations about both craft and healing''customer reviews odes to lithium November 28th, 2019 odes to lithium by shira erlichman format paperback change price 16 99 free shipping with prime write a review add to cart add to wish list search sort by top rated filter by all reviewers all stars all formats text image video showing 1 1 of 1 reviews there

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to her plumber s confession that he too

'wordhome on shira erlichman s odes to lithium the

May 18th, 2020 - ing back inside is always cooler you notice the carpet the rooms smell like something in odes to lithium alice james books shira erlichman returns to the world then she forms her own otherwise known as a home'

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May 27th, 2020 - odes to lithium is a remarkable book it is beautiful deeply perceptive haunting and original it is wonderful kay redfield jamison author of an unquiet mind and pulitzer finalist robert lowell setting the river on fire oh radiance survival and surviving field'

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mood it may be colorful
but dysphoric mania is
not beautiful like the
changing colors of the
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'odes to lithium alice james books

May 23rd, 2020 - odes to lithium is a perfect bridge between generations between neurotypical and neurodivergent between the quiet and the unquiet mind the poetry question erlichman s poems bring a new kind of wonder to our conversations about mental illness a tenderness not just towards the self but towards the medication that makes the self s continued existence possible''odes to lithium paperback a room of one s own books May 31st, 2020 - odes to lithium paperback by shira erlichman 17 95 usually ships in 1 5 days description captivating poems and visual art seek to bring fort and solidarity to anyone living with bipolar disorder in this remarkable debut shira erlichman pens a love letter to lithium her medication for bipolar disorder''odes to lithium paperback the odyssey bookshop May 22nd, 2020 - odes to lithium paperback odes to lithium paperback by shira erlichman list price 17 95 our price 16

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your arms

November 19th, 2019 - shira erlichman is a writer musician and visual artist a three time pushcart prize nominee her work can be found in the huffington post npr the massachusetts review prelude winter tangerine review and bust magazine among others'

odes to lithium by shira erlichman jewishboston

May 27th, 2020 - odes to lithium is at its core a collage of grief and love it provides a nuanced snapshot of how medication can change someone s life for the better but more important odes to lithium is a testament to how treating mental illness isn t the death knell of creativity but rather a conduit'

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June 2nd, 2020 - home poetry odes to lithium odes to lithium by shira

erlichman october 2 2015 shira erlichman poetry 0 ode to lithium 107 the summer i was wrong or arrogant or hopeful i told my psychiatrist i could be rid of you by in fact i d started adjusting the dose myself i m being honest with you i told her'

'shira erlichman s odes to lithium explores the many angles

May 8th, 2020 - shira erlichman s debut poetry collection odes to lithium began in 2013 as a purposely impossible task to produce 730 odes to the drug based on what were then erlichman s two doses per day as a person who experiences bipolar disorder and has been hospitalized because of it her goal was to show the distinctness of each experience on lithium every angle of the medication whether it' 'shira erlichman odes to lithium w monica sok sam sax

May 1st, 2020 - tuesday november 12 7pm east bay booksellers is excited to wele shira erlichman to celebrate the publication of her debut book of poetry odes to lithium on tuesday october 1st at 7pm she will be joined by monica sok sam sax safia elhillo charif shanahan amp hieu minh nguyen'

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