Read Online The Rules Of Tunnel A Brief Period Madness Ned Zeman

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The Rules of the Tunnel Ned Zeman 2012-07-03 A journalist faces his toughest assignment: profiling himself as he struggles with mood disorders, memory, shock treatment therapy, and the quest to get back to normal. Twenty-five million Americans suffer from clinical depression. But Ned Zeman never thought he'd be one of them. He had a great life and thriving career at Vanity Fair. Then, at age thirty-two, anxiety and depression gripped Zeman with increasing violence and consequences. He experimented with therapist after therapist, medication after medication, keeping a running tally of side effects in a patient notebook. Through his experience as a patient and as a reporter, Zeman reveals the real face of depression in a high-octane, brutally funny, unforgiving memoir that defies conventional notions about mood disorders, unlocks mysteries within mysteries, and proves that sometimes everything you're looking for is right in front of you.

The Rules of the Tunnel Ned Zeman 2011-08-04 A journalist faces his toughest assignment: profiling himself as he struggles with clinical depression in this high-octane, brutally funny memoir about mood disorders, memory, shock treatment therapy, and the quest to get back to normal. Twenty-five million Americans suffer from clinical depression. But Ned Zeman never thought he'd be one of them. He had a great life and thriving career at Vanity Fair. Then, at age thirty-two, anxiety and depression gripped Zeman with increasing violence and consequences. He experimented with therapist after therapist, medication after medication, keeping a running tally of side effects in a patient notebook. Through his experience as a patient and as a reporter, Zeman reveals the real face of depression in a high-octane, brutally funny, unforgiving memoir that defies conventional notions about mood disorders, unlocks mysteries within mysteries, and proves that sometimes everything you're looking for is right in front of you.

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Strange Relation Rachel Hadas “[A] thoughtful and lucid tale of love, companionship, and heartbreakful illness.”—Lydia Davis In 2004 Rachel Hadas’s husband, George Edwards, a composer and professor of music at Columbia University, was diagnosed with early-onset dementia. Strange Relation begins with the story of “living” George. His narrative begins when George’s illness can no longer be ignored, and ends in 2008 soon after his move to a dementia facility (when, after thirty years of marriage, she finds herself no longer living with her husband). Within the cloudy confines of those difficult years, years when reading and writing were an essential way of keeping track, “I tried to keep track…tried to tell the truth.” “If only all doctors and nurses and social workers who care for the chronically ill could read this book. If only patients and family members stricken with such losses could receive what this book can give them. While Strange Relation relates one woman’s loss, it is also a love story, a poetic, about all illnesses, all families, all strengths, all living. The art achieves the dual life of the universal and the particular, marking it as timeless, making it for all necessary. Ritva Chang, PhD, Program in Narrative Medicine, Columbia University “Rachel Hadas’s own wondrous resonant prose, along with the rich collection of verse and prose by other writers that she weaves into her story, clearly and illuminate over and over again this thoughtful and lucid tale of love, companionship, and heartbreakful illness—that, as she shows so well, is at once frighteningly alien and also deeply a part of our unavoidable vulnerability as mortal beings. Beautifully written, truly engrossing, and very, very sad.”—Lydia Davis “Strange Relation is a novel as well as a memoir, a love story as well as a personal, heart-wrenching, and at times hilarious exploration of how memory can be met with the power of literature, and how silence can be found in the space between them.”—Frank Huyler “A moving and heartfelt poem of valiance and dignity”—Elizabeth Hand “Strange Relation takes a tender and touching true story and turns it into a labyrinth of dementia.”—Danielle Ofri, MD, PhD, author of Medicine in Translation and Singular Intimacies “Like a elegy, Strange Relation is about loss and grief. Like all elegies, it also memorializes and celebrates. Rachel Hadas has been diagnosed with early-onset dementia. Strange Relation is about the power of literature, and how solace can be found in the space between them.”—Frank Huyler

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Tunnel vision? Great Britain: Parliament; House of Lords: European Union Committee 2011-12-08 The Channel Tunnel’s full potential is yet to be unlocked. Focusing particularly on the Channel Tunnel’s role in connecting the passenger and freight rail network in Europe, the Committee’s seven-month long inquiry has heard from a variety of experts including the Chief Executive of Eurostar, representatives from Eurotunnel and Deutsche Bahn and the Chief Executive of Eurostar. The Committee’s seven-month long inquiry has heard from a variety of experts including the Chief Executive of Eurostar, representatives from Eurotunnel and Deutsche Bahn and the Chief Executive of Eurostar. The Committee’s seven-month long inquiry has heard from a variety of experts including the Chief Executive of Eurostar, representatives from Eurotunnel and Deutsche Bahn and the Chief Executive of Eurostar. The Committee’s seven-month long inquiry has heard from a variety of experts including the Chief Executive of Eurostar, representatives from Eurotunnel and Deutsche Bahn and the Chief Executive of Eurostar.

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Software Defined Mobile Networks (SDMN): Madhusanka Liyanage 2015-08-17 This book describes the concept of a Software Defined Mobile Network (SDMN), which will impact the network architecture of current LTE (3GPP) networks. SDN will also open up new opportunities for traffic, resource and mobility management, as well as impose new challenges on network security. Therefore, the book addresses the main affected areas such as traffic, resource and mobility management, virtualized traffic transportation, network management, network security and techno economic concepts. Moreover, a complete introduction to SDN and SDMN concepts. Furthermore, the reader will be introduced to cutting-edge knowledge in areas such as network virtualization, as well as SDN concepts relevant to next generation mobile networks. Finally, by the end of the book the reader will be familiar with the feasibility and opportunities of SDMN concepts, and will be able to evaluate the limits of performance and scalability of these new technologies while applying them to mobile broadband and networks.

Shield Tunnel Engineering: Shuying Wang 2013-08-08 Shield Tunnel Engineering: From Theory to Practice is a key technique that offers one of the most important ways to build tunnels in fact, relatively safe, and ecologically friendly ways. The book presents state-of-the-art solutions for engineers working within the field of shield tunnelling technology for railways. It includes expertise from major projects in shield tunnel construction for high-speed rail, subways and other major projects. In particular, it presents a series of advances in shield muck conditioning technology, slurry treatment, backfill grouting, and environmental impact and control. In this volume, foundational knowledge is combined with the latest advances in shield tunnel engineering. Twelve chapters cover key areas including geological investigation, the types, structures and workings of shield machines, selecting a machine, shield segment design, shield tunnelling parameter control, soil conditioning for earth pressure balance (EPB) shield tunnelling, shield slurry treatment, backfill grouting, environmental impact, and problems in shield tunnel structures and their amelioration. This book presents the essential knowledge needed for shield tunnel engineering, the latest advances in the field, and practical guidance for engineers. Presents the foundational concepts of shield tunnel engineering Gives the latest advances in shield tunnel engineering techniques Considers common problems in shield tunnel structures and their solutions Lays out step-by-step guidance for engineers working with shield tunnelling Assesses environmental impacts and their control in shield tunnel engineering

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The Rule of the Land: Garrett Carr 2017-01-31 In the wake of the EU referendum, the United Kingdom’s border with Ireland has gained greater significance: it is set to become the frontier with the European Union. Over the past year, Garrett Carr has travelled this border, on foot and by canoe, to uncover a landscape with a troubled past and an uncertain future. Across this thinly populated line, travelling down hidden pathways and among ancient monuments, Carr encounters a variety of characters who have made this liminal space their home. He reveals the turbulent history of this landscape and changes the way we look at nationhood, land and power. The book incorporates Carr’s own maps and photographs.