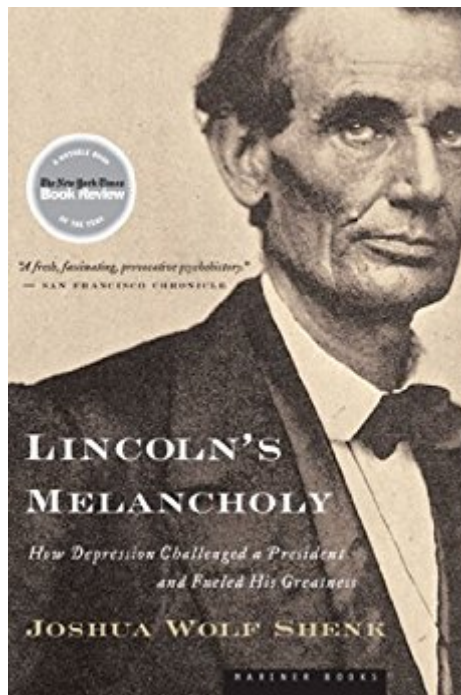


The book was found

Lincoln's Melancholy: How Depression Challenged A President And Fueled His Greatness



Synopsis

Drawing on seven years of his own research and the work of other esteemed Lincoln scholars, Shenk reveals how the sixteenth president harnessed his depression to fuel his astonishing success. Lincoln found the solace and tactics he needed to deal with the nation's worst crisis in the coping strategies he had developed over a lifetime of persevering through depressive episodes and personal tragedies. With empathy and authority gained from his own experience with depression, Shenk crafts a nuanced, revelatory account of Lincoln and his legacy. Based on careful, intrepid research, Lincoln's Melancholy unveils a wholly new perspective on how our greatest president brought America through its greatest turmoil. Shenk relates Lincoln's symptoms, including mood swings and at least two major breakdowns, and offers compelling evidence of the evolution of his disease, from a major depression in his twenties and thirties to a chronic depression later on. Shenk reveals the treatments Lincoln endured and his efforts to come to terms with his melancholy, including a poem he published on suicide and his unpublished writings on the value of personal and national suffering. By consciously shifting his goal away from personal contentment (which he realized he could not attain) and toward universal justice, Lincoln gained the strength and insight that he, and America, required to transcend profound darkness.

Book Information

File Size: 2959 KB

Print Length: 370 pages

Page Numbers Source ISBN: 0618773444

Publisher: Mariner Books; Reprint edition (October 2, 2006)

Publication Date: October 2, 2006

Sold by: Digital Services LLC

Language: English

ASIN: B0085TK3CS

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #231,095 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

in Kindle Store > Kindle eBooks > History > World > Revolutionary #230 in Kindle Store >

Customer Reviews

This is an excellent book on several counts. First, besides revisionist historians it is not known that Lincoln was a lifelong depressive. Second, the author advances that Lincoln's depression was more a source of insight than a mental flaw. In other words, Lincoln's character and intelligence seemed greater because of his depression. That's a pretty radical concept in our modern "Prozac Nation" when depression at any level is considered a serious mental illness that should be eradicated at all costs. Lincoln lived in an era way before anti-depressants. But, just like John Nash of "A Beautiful Mind" fame who preserved his cognitive capabilities by not taking the drugs he was prescribed, Lincoln had no choice but to do without. And, according to the author the history of our Nation has been so much the better for it. The author describes how Lincoln through the ages managed his depression through several different stages, including: Fear, Engagement, Transcendence, Creativity, and Humility. While the first stage [Fear] had a familiar and serious clinical component including recurring suicidal thoughts, the other four stages lead Lincoln to greater self-actualization, philosophical insights, spirituality, and commitment to guide and save our Nation. The message from this original biography is powerful. By accepting one's humanity, we can actually grow. Some serious introspection even if painful is actually good for you. There is no need to medicate all your blues away. You may actually learn and grow for them. And, what Lincoln dealt with was not just the occasional blues. As depicted by the author, based on thorough historical research, he had a very serious case of depression.

Carl Becker said that every man is his own historian, and so it seems fitting that Lincoln be reinterpreted in the light of modern approaches to depression and mental illness. What is most admirable about this book is the author's respectful approach to Lincoln and the past; he insists on viewing Lincoln's behaviors in the context of the mores and culture of his time, which were far different from those prevailing today. The author persuasively argues that there was a romantic connotation to melancholy back then. This, combined with the cultural acceptance of greater emotion from single young men, explains some of Lincoln's publicly expressed emotional troubles as a young man. On the other hand, the author insists on defining Lincoln as suffering two "breakdowns." It's not clear what relevance this modern term has, nor can the author distinguish between mental illness and the culturally acceptable level of melancholy and love-sickness a young

man was permitted to manifest at the time. In short, given the lack of data (most notably the inability to interview the subject, Mr. Lincoln) and the different culture back then, why even try to import these modern day notions of depression to the 1830's-1860's? Still, the book does make three points exceptionally well, which makes this a very worthwhile effort. First, he destroys the idiotic notions that Lincoln was gay by virtue of close emotional relationships with men that were permitted and encouraged by the culture back then. Superficial modern day notions of sexual identity have no place in a different time with different (and perhaps healthier) approaches toward the permissibility of emotional intimacy between men.

[Download to continue reading...](#)

Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness He Has Shot the President!: April 14, 1865: The Day John Wilkes Booth Killed President Lincoln (Actual Times) A Still and Quiet Conscience: The Archbishop Who Challenged a Pope, a President, and a Church Fat Fueled: Complete Program & Meal Plan: Uncover Your Best Self by Fueling; and Healing, with Fat and Whole Food-Based Nutritional Ketosis The Real Lincoln: A New Look at Abraham Lincoln, His Agenda, and an Unnecessary War Our Lincoln: New Perspectives on Lincoln and His World The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler Romantic Moods: Paranoia, Trauma, and Melancholy, 1790-1840 The Tears of Things: Melancholy and Physical Objects A Melancholy Affair at the Weldon Railroad: The Vermont Brigade, June 23, 1864 Kovels' Depression Glass and Dinnerware Price List, 8th edition (Kovels' Depression Glass & American Dinnerware Price List) Celebrating President's Day: What Is a President? (Learn to Read Read to Learn Holiday Series) Caesar's Wife: The College President's Spouse: Minister Without Portfolio Or The President's Conscience? The Depression Book: Depression as an Opportunity for Spiritual Growth The Depression Cure: The 11-Step Program to Naturally Beat Depression for Life Lincoln Tells a Joke: How Laughter Saved the President (and the Country) Lincoln's Bishop: A President, A Priest, and the Fate of 300 Dakota Sioux Warriors Twelve Ordinary Men: How the Master Shaped His Disciples for Greatness, and What He Wants to Do with You Mrs. Lincoln's Dressmaker: The Unlikely Friendship of Elizabeth Keckley and Mary Todd Lincoln Abraham Lincoln in the Kitchen: A Culinary View of Lincoln's Life and Times

[Dmca](#)