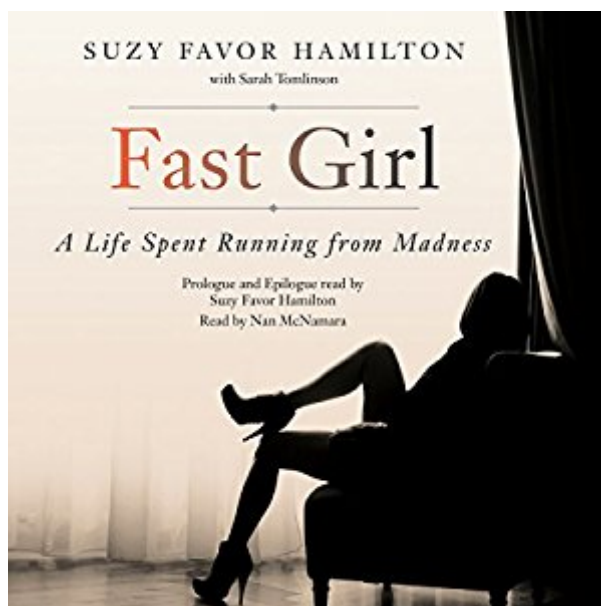


The book was found

# Fast Girl: A Life Spent Running From Madness



## Synopsis

The former middle-distance Olympic runner and high-end escort speaks out for the first time about her battle with mental illness and how mania controlled and compelled her in competition but also in life. This is a heartbreakingly honest yet hopeful memoir reminiscent of *Manic*, *Electroboy*, and *An Unquiet Mind*. During the 1990s three-time Olympian Suzy Favor Hamilton was the darling of American track and field. An outstanding runner, a major sports-apparel spokesperson, and a happily married wife, she was the model for an active, healthy, and wholesome life. But her perfect facade masked a dark truth: manic depression and bipolar disorder that drove her obsession to perform and win. For years after leaving the track, Suzy wrestled with her condition as well as the loss of a close friend, conflicted feelings about motherhood and her marriage, and lingering shame about her athletic career. After a misdiagnosis and a recommendation for medication that only exacerbated her mania and made her hypersexual, Suzy embarked on a new path and assumed a new identity. Fueled by a newfound confidence, a feeling of strength, and independence and a desire she couldn't tamp down, she became a high-priced escort in Las Vegas, working as "Kelly". But Suzy could not keep her double life a secret forever. When it was eventually exposed, it sent her into a reckless suicidal period where the only option seemed out. Finally, with the help of her devoted husband, Suzy got the proper medical help she needed. In this startling, frank memoir, she recounts the journey to outrun her demons, revealing how a woman used to physically controlling her body learned to come to terms with her unstable mind.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: September 14, 2015

Language: English

ASIN: B00YD4HS7M

Best Sellers Rank: #31 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #114 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #122 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

I found "Fast Girl: A Life Spent Running from Madness" superficial and...dubious ? For a person diagnosed with Bipolar, there just isn't much insight into her state of mind/functioning when she is not manic. Bipolar Disorder implies that there are highs AND lows, but I just didn't find much in the way of depressive states where her personal/social/professional functioning was impaired ? I'm not a psychologist. To me, what she describes sounds much more like NPD - Narcissistic Personality Disorder - with compulsive/addictive behaviours (ie eating disorder, addiction to exercise, sex addiction, competitive, driven attitude). I felt there was a heavy ghost-written presence in the book as well. The writing wasn't awful, but it was just dull and sort of numb. The part of the book where she describes her time spent being a sex worker read like fantasy. While an in-shape woman in her 40's could do a specific niche in sex work, the reviews left on Escort Review Boards are typically BRUTAL and unforgiving. While she describes a couple of incidents that got out of control (ie I would describe them as sexual assault), like the hookup with the male escort and his cousin/friend/whatever - she only describes her clients in glowing terms - super rich, generous, kind, sexually appealing, respectful. She rents rooms in high end hotels in Las Vegas and has a lavish lifestyle, and eventually buys a condo in some (ugh) Trump building. She is skinny, everyone tells her how beautiful, sexually competent she is, she wears designer clothing and buys Louis Vuitton handbags on a whim. She drops lots of brand names.

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

Fast Girl: A Life Spent Running from Madness Zine: How I Spent Six Years of My Life in the Underground and Finally...Found Myself...I Think I Cried, You Didn't Listen: A First Person Look at a Childhood Spent Inside CYA Youth Detention Systems: Surviving a Life in Prison from Adolescent to Death; Book 1 Winterdance: The Fine Madness of Running the Iditarod The Scavenger's Guide to Haute Cuisine: How I Spent a Year in the American Wild to Re-create a Feast from the Classic Recipes of French Master Chef Auguste Escoffier Framed: Why Michael Skakel Spent over a Decade in Prison for a Murder He Didn't Commit Pregnant Butch: Nine Long Months Spent in Drag Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Chi Running: A Training Program for Effortless, Injury-Free Running Running for Beginners: Teach Me Everything I Need to Know About Running in 30 Minutes Running for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start Running Injury Free Fast Food, Fast Talk: Service Work and the Routinization of Everyday Life Running Like a Girl: Notes on Learning to Run 50 Fast Dreamweaver MX Techniques (50 Fast Techniques Series) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Low salt. Low salt cooking. Low

salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) The Fast Forward MBA in Project Management (Fast Forward MBA Series) Lightning Fast Piano Scales: A Proven Method to Get Fast Piano Scales in 5 Minutes a Day (Piano Lessons, Piano Exercises) HOW TO GET MONEY FAST: CASH BLITZ HOW TO MAKE SOME CASH WITHIN A COUPLE OF HOURS, TODAY, NOW: (make money,easy cash, fast cash,selling,sell,goods,facebook)

[Dmca](#)