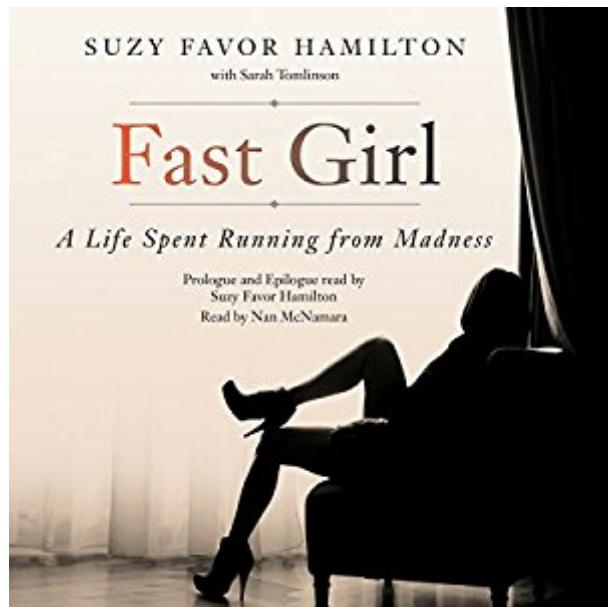


The book was found

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 hoursÂ andÂ 2 minutes

Program Type: Audiobook

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Best Sellers Rank: #31 inÂ Books > Health, Fitness & Dieting > Mental Health > Bipolar #114 inÂ Books > Audible Audiobooks > Nonfiction > Sports & Recreation #122 inÂ 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.

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