



Sharp: A Memoir

David Fitzpatrick

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David Fitzpatrick's *Sharp* is an extraordinary memoir—a fascinating, disturbing look into the mind of a man who, in his early 20s, began cutting himself due to a severe mental illness. A beautifully written treatment of a powerful subject, Fitzpatrick—whose symptoms included extreme depression and self-mutilation—writes movingly and honestly about his affliction and inspires readers with his courage, joining the literary ranks of Terri Cheney (*Manic*), Augusten Burroughs (*Running with Scissors*), Marya Hornbacher (*Wasted*), and Susanna Kaysen (*Girl, Interrupted*).

“A harrowing journey from self-destructive psychosis to a cautious re-emergence into the flickering sunshine of the sane world....Fitzpatrick writes about mental illness with the unsparing intensity of Sylvia Plath and Anne Sexton but also with the hard-won self-knowledge of William Styron, Kay Jamison, and other chroniclers of disease, recovery, and management.... A must read, remarkably told.”

—Wally Lamb, author of *I Know This Much is True*

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