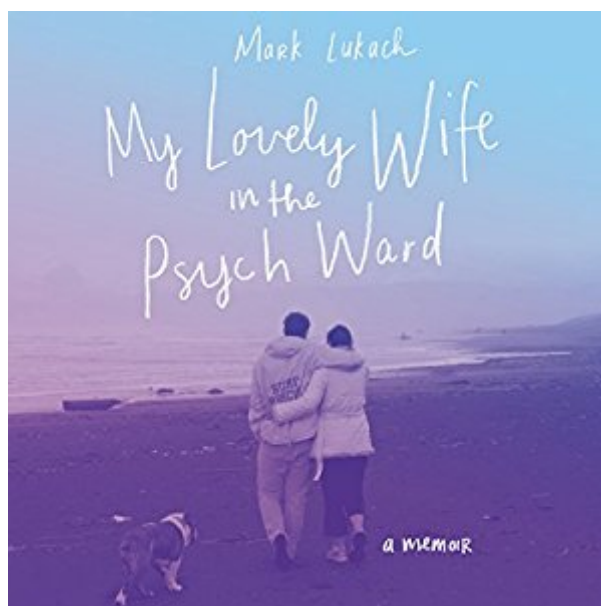


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My Lovely Wife In The Psych Ward: A Memoir



Synopsis

A heart-wrenching yet hopeful memoir of a young marriage that is redefined by mental illness and affirms the power of love. Mark and Giulia's life together began as a storybook romance. They fell in love at 18, married at 24, and were living their dream life in San Francisco. When Giulia was 27, she suffered a terrifying and unexpected psychotic break that landed her in the psych ward for nearly a month. One day she was vibrant and well adjusted; the next she was delusional and suicidal, convinced that her loved ones were not safe. Eventually Giulia fully recovered, and the couple had a son. But soon after Jonas was born, Giulia had another breakdown, and then a third a few years after that. Pushed to the edge of the abyss, everything the couple had once taken for granted was upended. A story of the fragility of the mind and the tenacity of the human spirit, *My Lovely Wife in the Psych Ward* is, above all, a love story that raises profound questions: How do we care for the people we love? What and whom do we live for? Breathtaking in its candor, radiant with compassion, and written with dazzling lyricism, Lukach's is an intensely personal odyssey through the harrowing years of his wife's mental illness, anchored by an abiding devotion to family that will affirm listeners' faith in the power of love.

Book Information

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Customer Reviews

If you, or any member of your family, or any friend of yours has ever suffered from a mental illness, then this is the book for you. The most profound message I took from this well written journey through that world is that there is so little that we know. It seems that medical personnel will not

share with us the fact that so much is guesswork in diagnosing, in prescribing the medications or cocktails of medications that might. Surely that refusal of honesty is understandable in that no one wants to sit through a crisis hearing the "experts" say "To tell the truth, we haven't a CLUE what to do". But it is also quite horrifying to realize when lives are at stake. There is such a stew of determination, despair, hope and the sheer grit of determination going on in this book that I was unable to put it down, then sat guiltily understanding that I had swallowed up years of living, and of the toil of writing, in virtually one sitting. That this couple has come out of this fog whole and loving is almost unfathomable. While there is a strong supporting family and friends here, and a much loved child, truly, this book is about individual bravery in a husband and a wife determined to find their way through the fog.

I read it in two sittings. Having worked in psych hospitals, and having been a caregiver in a similar situation, it all rang true to me. The author has done an amazing job of writing a book that is both informative and intimate. His strength, humanity and compassion shine out on every page. I believe this memoir will be a true gift to his son, when the right time comes. And I admire his wife for her support of this project, too. An intelligent and honest book about a wonderful family. Highly recommended!PS My copy is a paperback with a different cover, and titled "My Lovely Wife: A Memoir of Madness and Hope"--I assume it's the same book. I do like this new title better, for incorporating the word "hope".

Many thanks to Mark Lukach for writing this. It is so important to bring about awareness of what a mentally ill person goes through as well as the effect it has on the mentally ill person's family. Sadly, mental illness runs in my own family. I am in the process of writing my own book. I give this book five stars! I highly recommend it. I deeply appreciate the author's brutal honesty in what his wife suffered as well as himself, and the others who know her.

Heartrending for all concerned. The chaos of the whole mental health process is appalling. The arbitrary, and not always correct diagnoses handed down just adds to the already terrifying illness. An unvarnished story of the hopes, horrors, frustrations and fears of all involved. The love the couple share shines through and warms the heart, in an otherwise harrowing

This is a very honest account of how mental illnesses affect everyone in a family. I was surprised with the author's honesty portraying how you can love someone, do the best you can for them, and

at the same time feel resentful and frustrated. Nothing is all one way or another.

Having had a nearly identical experience, I can say this memoir pulls no punches. It is a brave testament to love, hope, perseverance, self sacrifice and commitment. I wish this couple, and all couples who share this experience, all the best. I hope Mark continues to write about this experience.

I believe this family has dealt with mental illness in a remarkable way. It is a tough job and both sides of the family helps out. Unfortunately that is not the norm. My heart goes out to them. It's the hardest job they will ever have.

I read this entire book in one sitting. I felt that it was an honest look at life with a mentally ill family member. It helped me contemplate my mixture of feelings about my mom - love, happiness, sadness, pity, anger, frustration, love, love. Most of all, I loved the hope that, in the end, prevailed. Wonderful, honest, story.

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