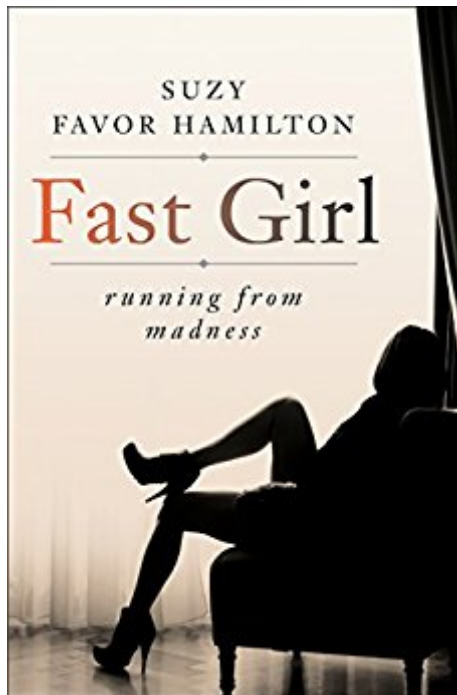




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# Fast Girl: A Life Spent Running From Madness



## Synopsis

**NEW YORK TIMES BESTSELLER**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 finally 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. It is the story of a how a supreme competitor scored her most important victory of all—reclaiming her life from the ravages of an untreated mental illness. Today, thanks to diagnosis, therapy, Kelly has stepped into the shadows, but Suzy is building a better life, one day at a time. Sharing her story, Suzy is determined to raise awareness, provide understanding, and offer inspiration to others coping with their own challenges.

## Book Information

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## Customer Reviews

I have VERY mixed feelings about this memoir. Firstly, it was riveting. The story is absolutely fascinating, vivid, and honest. Parts are painfully-relatable for anyone who suffers from depression, anxiety or bipolar disorder. The battle for control of the mind, emotions, body, environment, relationships, etc..rings true. But the book has a disturbing scream of "look at me" that seems to be the larger statement. Yes, Suzy is a victim of her illness. Yes, she grew up with tremendous pressure (much self-inflicted) to "win." But I was left with the feeling that the recent publicity explosion is just another manic chapter in a life of addictions. From the interview on 20/20, to the Dr. Phil feature, and countless articles promoting the release of the book, it is just more frenzy. Every chapter in the book is separated with 2 italicized pages of "insight" into mental illness, providing evidence that the book is intended to be something of a teaching tool. Sadly, I ended the read feeling concern for Suzy that she has traded one high for another, and continues to sacrifice her family in the process. Truly, a guilty pleasure.

This book covers a wide gamut of topics and is so interesting I had to keep reading. The first chapter deals with her running career which actually is really fascinating. Her stories of being an Olympian are amazing. Then section two we delve into her Vegas escorting. Thank God for Suzy Hamilton that she found out she has bipolar disorder and found treatment. I wish her brother could have done the same. Mental illness is no joke. It kills people just like cancer, ruins their and their family's quality of living and wreaks havoc on innocent children's lives.. This book was great and is totally RECOMMENDED.

I couldn't put it down...read it all in 2 days. I wish she didn't gloss over some of the story, but it was a real page turner. Women like her should not be ostracized. Dr. Phil (who is not a real doctor) should shut his mouth.

author is self involved and narcissistic ... I spent the entire read waiting for her to get real. regret the purchase

Good but a bit redundant. I mean midway through we got how much she craved and loved sex and how sick she really was. It just went on too long. I would have like to have heard what she went through in therapy, how she got on the other side of it.

Quick read, but very disappointing... She is so messed up!! I think her husband is an absolute idiot for staying with her!

This book has helped me to understand some types of behavior of someone extremely close to me. Luckily, she has been diagnosed now and medication found to get her well! Thank you for your courage and openness to write this book, I am more knowledgeable because of your book. God is good all the time!

Two concepts:Excellent writer...link facts in the time very professionally,keep reader very focus on what another stupid action she will commit. If I hadn't seen the 20/20 I would say it is a fictional document. I definitely recommend this book.Psychologically taking, she has more excuses than real facts over the bipolar disorder. The husband is not clear about his thoughts...I can't imagine receiving money from my wife after a hard sex session...he has much more psychological issues than her. The real truth is that she never could express her real ideas due some dark reasons that never appear in the book and today medications keep her far from her really desires...SEX..

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