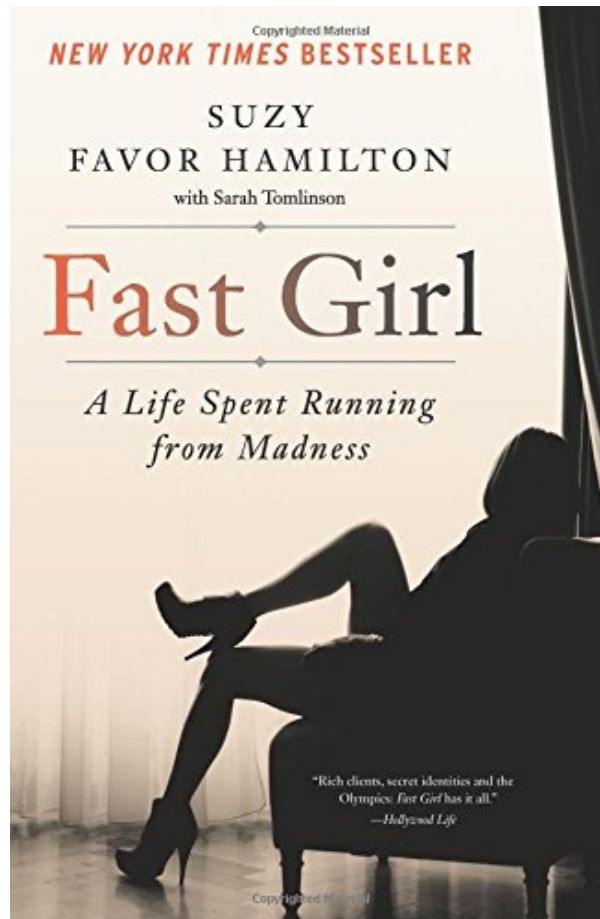
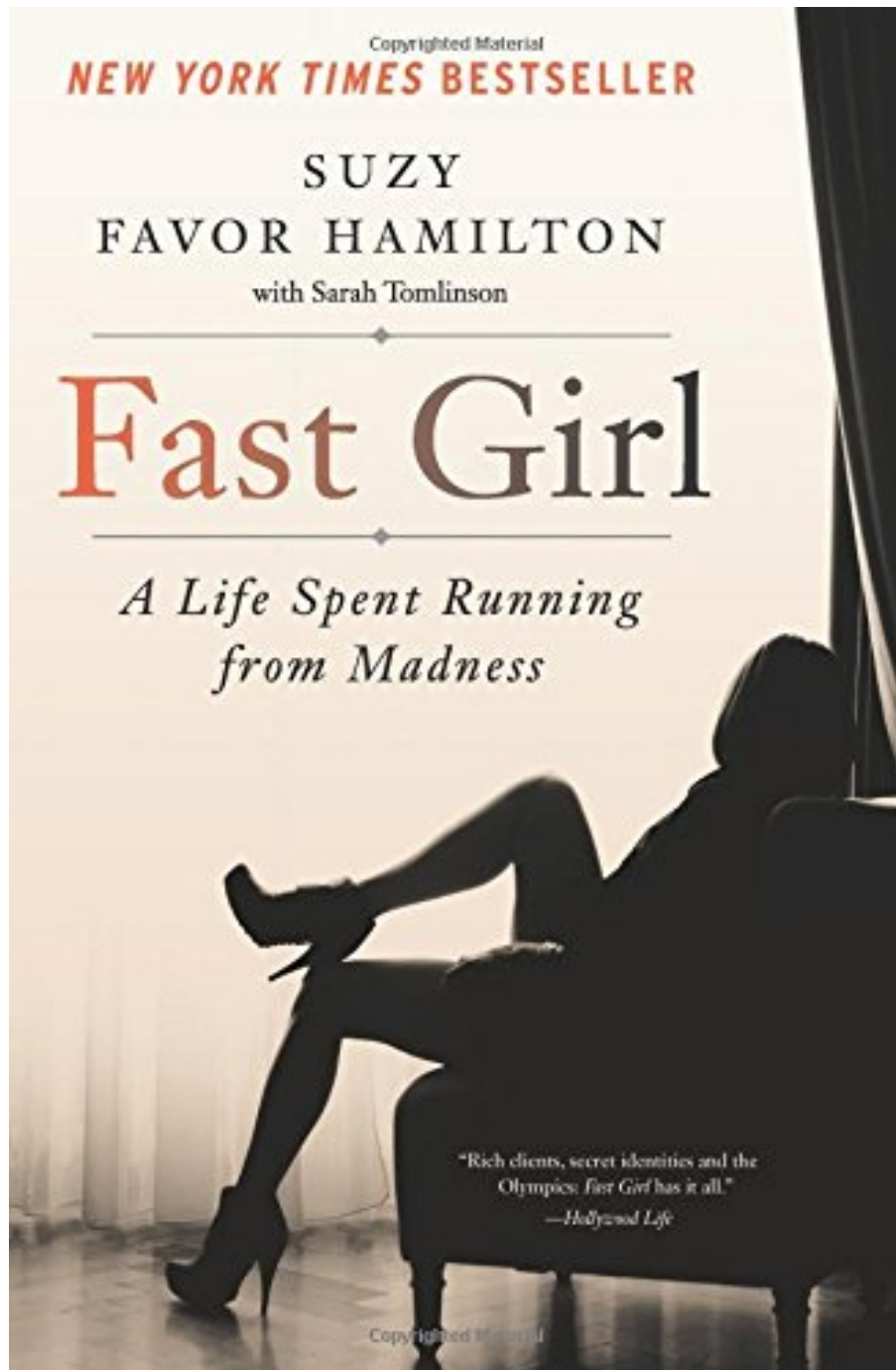


FAST GIRL: A LIFE SPENT RUNNING FROM MADNESS BY SUZY FAVOR HAMILTON



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Review

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From the Back Cover

The shocking and inspiring story of a star athlete’s struggle to outrun her demons—and finally find peace

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Today, Suzy is living a happy life with her husband and daughter, one day at a time. By sharing her story, she hopes to raise awareness, and provide understanding to anyone battling the debilitating effects of bipolar disorder.

About the Author

Suzy Favor Hamilton is a three-time Olympian for women's middle distance running. She is a sought-after public speaker—addressing eating disorders, mental illness, and the struggles that young athletes face—as well as a yoga instructor. Favor Hamilton lives in California and Wisconsin.

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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.

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- 304 pages

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Most helpful customer reviews

156 of 164 people found the following review helpful.

A Guilty Pleasure

By Amazon Customer

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.

52 of 56 people found the following review helpful.

Great story, terrible ending omissions.

By idiotekniQues

As someone who went for decades as an undiagnosed bi-polar person this book looked to be very interesting. And indeed it is interesting. However, after getting to the point where she gets diagnosed as bi-polar, she pretty much glosses over that and her recovery in a matter of pages. One would think if she was really trying to help people, there would be some serious focus on the diagnosis and recovery time period. She does intersperse each chapter with a short bit on mental illness facts and statistics and statements, but there was nowhere near enough of the book dedicated to one of the most important parts of dealing with a mental illness - and that is the long process of finding the right meds, right therapy, right outlets, etc... So that was quite disappointing. I couldn't put the book down as it was a fascinating yarn, but as I saw the end of the book coming with over 94% read but zero on her recovery and diagnosis, started becoming less and less of a great book. Two and a half stars if possible would be given. Cheers!

10 of 10 people found the following review helpful.

All I got out of the book was disgust with her as a wife & mother

By kathleen

I take offense with someone who uses mental illness as an excuse for immoral choices. I suffer from bipolar with hypersexuality. It can takes years of therapy & medication to deal with the shame & confusion. Suzy has none. All I got out of the book was disgust with her as a wife & mother.

See all 355 customer reviews...

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