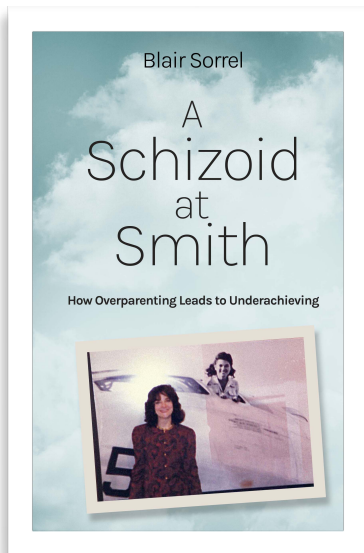




INDEPENDENT BOOK REVIEW

A CELEBRATION OF SMALL PRESS AND SELF-PUBLISHED BOOKS



A Schizoid at Smith

By Blair Sorrel

Genre: Nonfiction / Memoir

Reviewed by Melissa Suggitt

A poignant memoir of caution, resilience, and rock n' roll

Blair Sorrel takes us on a transformative journey in this memoir, skillfully weaving the narrative threads of her struggles with Schizoid Personality Disorder, the profound influence of her parents, and her unbreakable connection to the rock music that served as her lifeline. Sorrel's candid exploration of her experiences during the tumultuous late 1960s and 1970s is a testament to her resilience and an ode to the healing

power of self-expression.

This memoir provides an education on Schizoid Personality Disorder, helpfully distinguishing between it and schizophrenia, and shedding light on the challenges faced by individuals living with it. Sorrel's frank revelations about her own struggles add a personal dimension to this understanding, enriching the memoir with empathy as well as insight.

Set against the backdrop of a defining era, one rife with self-awakening and social unrest like a mirror to her life, Sorrel's memoir is an intimate portrayal of her formative years. Through eloquent prose, she welcomes readers into her world that's shaped by her unique perspective. The memoir delves into her relationship with her parents, too, shedding light on the complexities of their influence on her development, more often tumultuous than comforting.

Sorrel's unwavering connection to rock music becomes a motif throughout her story, offering solace and a sense of belonging during times of isolation. In the heart-pounding rhythm of rock, she found a refuge—a place where her inner turmoil could harmonize with the melodies, and for a moment, perhaps feel understood. This

sentiment echoes throughout the memoir, highlighting the profound impact of music on her coping mechanisms.

The memoir doesn't shy away from the darker aspects of Sorrel's journey either. Instead, it beautifully renders her ability to transform adversity into a source of inspiration. *A Schizoid at Smith* becomes a chronicle of survival and empowerment, celebrating the human spirit's capacity to endure and triumph over adversity.

Blair Sorrel's memoir offers readers a rare combination of emotional depth and intellectual reflection. Sorrel paints a vivid picture of her life, inviting readers to empathize with her struggles and to take heed of her warnings. A compelling testament to the power of resilience, the significance of music, and the importance of embracing one's authentic self.

This is both an inspiring and heartbreaking book. Sorrel's journey from adversity to self-discovery is a reminder that even in the midst of challenges, the human spirit can find its own melody. This memoir is not only a tribute to Sorrel's strength but an invitation to each reader to find their own harmonies within the shadows of life. To read this memoir is to embark on a transformative expedition—one that leaves an indelible mark on the soul.