

A Schizoid at Smith

Blair Sorrel

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A Schizoid at Smith is a memoir set in the 1960s that follows a Seven Sisters's story of success, struggle, and the mechanics and realization of a schizoid personality disorder. Ordinary folk may not understand what this means, or that those afflicted are typically male, which lends further importance to a memoir that explores these perceptions and experiences from a female's viewpoint.

At the heart of this condition's cause is over-parenting, so *A Schizoid at Smith* will attract readers interested in parenting impacts as well as those attracted by the psychological condition, diagnosis, and treatment of the schizoid personality.

From the start, Blair Sorrel cultivates an atmosphere of self-discovery that pulls no punches in exploring trauma, recovery, and survival methods. Combine this with the cultural and social atmosphere of the 60s, from music's pop icons to the daytime serial attraction of *Dark Shadows*, for a full immersion experience into the milieu of the times and how Sorrel's family dynamics played into the evolving sentiments, politics, and family reactions to the times.

Perhaps the most intriguing nature of her memoir lies in its roots in psychological depth and social understanding, paired with an astute consideration of how schizoid traits such as ambivalence affected her relationships and impacted her life.

As readers review the nature and challenges of those who exhibit a propensity for schizotypal personality disorder or schizophrenia, they will learn far more about the condition and its perceptions and influences than they likely will have prior knowledge of before picking up this book.

It's one thing to read the literature surrounding the schizoid personality. It's quite another to live it, understanding how its daily challenges translate in and impact the world.

At one point, Sorrel says she "...wished to steal away to wherever I could heal."

A Schizoid at Smith reviews a facet of this healing process that is little covered in relation to family and social influences. It should be a part of any library seeking memoirs of mental illness and health and discussed by book clubs and psychological groups interested in learning about the schizoid personality, its influences, and its survival traits.