



# Fast Girl: A Life Spent Running from Madness

*Suzy Favor Hamilton*

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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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### **From reader reviews:**

#### **John Herrera:**

Spent a free a chance to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the guide untitled Fast Girl: A Life Spent Running from Madness can be great book to read. May be it may be best activity to you.

#### **Dolores Rawson:**

Do you have something that you like such as book? The book lovers usually prefer to choose book like comic, small story and the biggest the first is novel. Now, why not striving Fast Girl: A Life Spent Running from Madness that give your satisfaction preference will be satisfied by means of reading this book. Reading habit all over the world can be said as the method for people to know world much better then how they react in the direction of the world. It can't be mentioned constantly that reading behavior only for the geeky man or woman but for all of you who wants to become success person. So , for all you who want to start reading through as your good habit, it is possible to pick Fast Girl: A Life Spent Running from Madness become your current starter.

#### **Josette Leonard:**

This Fast Girl: A Life Spent Running from Madness is great book for you because the content and that is full of information for you who all always deal with world and possess to make decision every minute. This specific book reveal it information accurately using great organize word or we can point out no rambling sentences inside. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but difficult core information with wonderful delivering sentences. Having Fast Girl: A Life Spent Running from Madness in your hand like finding the world in your arm, details in it is not ridiculous just one. We can say that no publication that offer you world inside ten or fifteen moment right but this reserve already do that. So , it is good reading book. Heya Mr. and Mrs. busy do you still doubt that?

#### **Jan Dixon:**

A number of people said that they feel weary when they reading a publication. They are directly felt this when they get a half parts of the book. You can choose the book Fast Girl: A Life Spent Running from Madness to make your reading is interesting. Your skill of reading talent is developing when you including reading. Try to choose basic book to make you enjoy to learn it and mingle the sensation about book and reading especially. It is to be initially opinion for you to like to wide open a book and examine it. Beside that

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