

# The Quiet Room: A Journey Out of the Torment of Madness

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Moving, harrowing, and ultimately uplifting, Lori Schiller's memoir is a classic testimony to the ravages of mental illness and the power of perseverance and courage.

At seventeen Lori Schiller was the perfect child—the only daughter of an affluent, close-knit family. Six years later she made her first suicide attempt, then wandered the streets of New York City dressed in ragged clothes, tormenting voices crying out in her mind. Lori Schiller had entered the horrifying world of full-blown schizophrenia. She began an ordeal of hospitalizations, halfway houses, relapses, more suicide attempts, and constant, withering despair. But against all odds, she survived.

In this personal account, she tells how she did it, taking us not only into her own shattered world, but drawing on the words of the doctors who treated her and family members who suffered with her.

\*Includes reading group guide\*

Joe Amaral was born in Portugal on the island of St. Miguel and emigrated with his family to Toronto, Ontario, when he was two years old. A rebel against Christianity, he credits a youth pastor who 'loved me unconditionally' with being a major factor in his conversion and subsequent decision to enter the ministry. The Quiet Room's subtitle, "A Journey Out of the Torment of Madness," aptly describes this moving and compassionate audiobook about Lori Schiller's struggle and eventual triumph over schizophrenia. Mary Beth Hurt, as Lori, gives a convincing performance. Her pleasantly resonant voice conveys the confusion, terror, denial, hope and determination experienced by this patient. The narrative is well paced and the terrifying and demoralizing "voices" that were ever present are especially well vocalized. Although Mary Beth Hurt is the principal reader, others portray Lori's parents, roommates and psychiatrists. This manner of dramatization and the fine performances provide three hours of sensitive and satisfying listening. A.A.B. (c)AudioFile, Portland, Maine

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