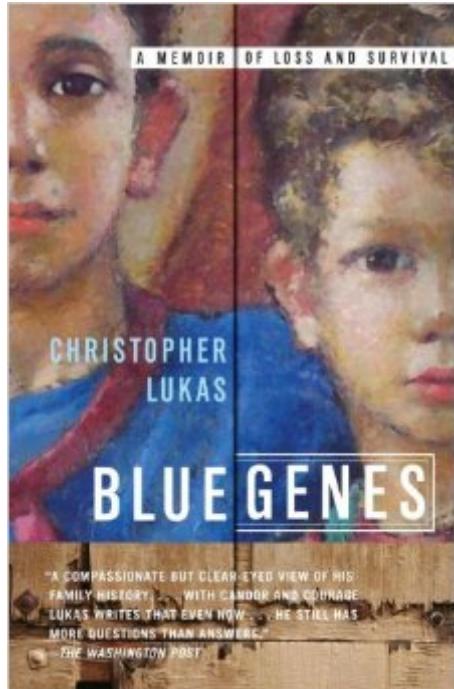


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# Blue Genes: A Memoir Of Loss And Survival



## **Synopsis**

Christopher (Kit) Lukasâ™s mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the familyâ™s history of depression and bipolar disorder. The brothers grew up to achieve remarkable success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his familyâ™s troubled past, but Tony never seemed to find the contentment Kit had attainedâ“he killed himself in 1997. Written with heartrending honesty, *Blue Genes* captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp.

## **Book Information**

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## **Customer Reviews**

The story of Christopher Lukas and his brother, award-winning journalist J. Anthony Lukas, is a chronicle of mental health medicine's evolution in the 20th century. Their family is struck again and again by bipolar disorder, a disease not yet understood or properly treated until late in the century. Unfortunately, the repercussions from misdiagnosis and lack of proper treatment echo through the lives of these brothers with shattering immediacy, starting with the suicide of their mother when the boys were only eight and six years old. Through the years one after another family member succumbs to the disease, ending finally with the suicide of Tony, the story that begins the memoir. The tragedy is in the sheer magnitude of the toll it takes on the family, but Mr. Lukas tells it not only as a memorial to what the he and his brother went through, but as a testament to the fact that, despite it all, he survived. After relating the account of his family's origins beginning with his

great-grandparents, Lukas chronicles the heartbreak story of his mother's death, and how the boys were immediately shipped off to boarding school with no explanation for their mother's disappearance or chance to say good-bye. This forced delay of grieving was to influence and haunt both men throughout their lives, an added burden to their already confusing personal battles with depression and bipolar disorder. Sadly, in the end it proved a burden too heavy for Tony. While interesting and thoroughly well-written, this book is a difficult read, mainly due to the pervasive sadness that permeates this family's history. Mr.

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