



The Twelfth Annual Virginia Festival of the Book ***March 22-26, 2006***

For program updates visits www.vabook.org, or call 434-924-6890

Mental Health Issues

Wednesday, March 22

Divided Minds: Twin Sisters' Journey through Schizophrenia

What is the experience of schizophrenia -- for someone who has the disease but also for someone close to the sufferer? Sisters Carolyn Spiro and Pamela Spiro Wagner (*Divided Minds*) reflect on schizophrenia, a bond between them stronger even than their twinship. (Medical Center Hour, UVa Humanities in Medicine)
Noon, UVa Jordan Conference Center Auditorium

Unleashing Couple Power

Join authors and clinical psychologists Phyllis Koch-Sheras and Peter Sheras (*Couple Power Therapy*) as they discuss their new theory about what makes relationships work and how to be a happy couple.
2 p.m., Gravity Lounge

Curl Up With a Companion: *Tough Times Companion II*

Readings, performances, and discussion of how and why a companion book for hard times--by contributors Angela Daniel, Judy Longley, Christopher Morris, and Julie Portman. (VFH Institute on Violence and Survival)
4 p.m., Gravity Lounge

Thursday, March 23

The War Within: Psychological Memoirs

Poet Pamela Spiro Wagner and psychiatrist Carolyn Spiro (*Divided Minds: Twin Sisters and Their Journey Through Schizophrenia*) join war correspondent John Falk (*Hello to All That: A Memoir of War, Zoloft, and Peace*) to discuss their strengths and struggles dealing with mental illness. (Mental Health Association)
10 a.m., City Council Chambers

Friday, March 24, (6 p.m.) and Saturday, March 25, (2 p.m.)

Flexing Your Soul

Co-authors Jalieh Milani and Alessandra Shepard, Ph.D. (*Flexing Your Soul*) discuss the body as a physical expression of the individual soul, demonstrating how personal emotional history creates the individual body type.
Starr Hill Gallery 709 West Main Street (Friday, March 24)
Live Arts 123 East Water Street (Saturday, March 25)