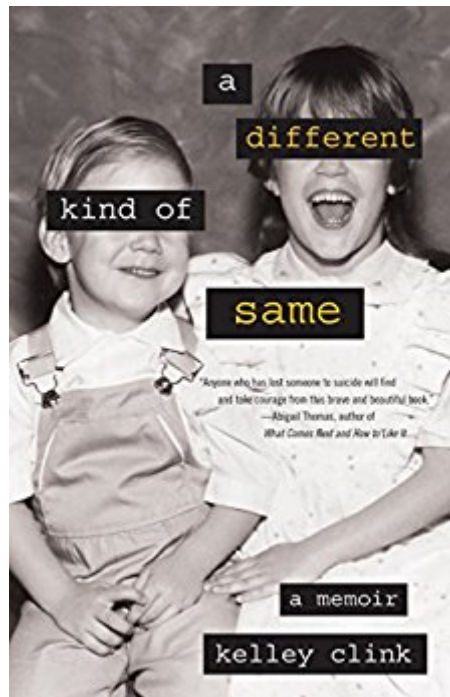


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# A Different Kind Of Same: A Memoir



## Synopsis

Two weeks before his college graduation, Kelley Clink's younger brother Matt died by suicide. Though he'd been diagnosed with bipolar disorder as a teenager and had attempted suicide once before, the news came as a shock and it sent Kelley into a spiral of guilt and grief. After Matt's death, a chasm opened between the brother Kelley had known and the brother she'd buried. She kept telling herself she couldn't understand why he'd done it but the truth was, she could. Several years before he'd been diagnosed with bipolar disorder, she'd been diagnosed with depression. Several years before he first attempted suicide by overdose, she had attempted suicide by overdose. She'd blazed the trail he'd followed. If he couldn't make it, what hope was there for her? A Different Kind of Same traces Kelley's journey through grief, her investigation into the role her own depression played in her brother's death, and, ultimately, her path toward acceptance, forgiveness, resilience, and love.

## Book Information

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## Customer Reviews

This is the kind of book you either relate to or don't. I related to Ms. Clink's words. I found myself

nodding my head yes and highlighting certain phrases and sentences. You don't need to be a person battling depression to "get" this book. Yet, maybe you have a loved one who battles depression. The words contained in these pages may help you. Ms. Clink, thank you for revealing your story and Matt's. For if even one person is helped, then the work was worth it. I received a copy of this book from the publisher for an honest review.

Kelley Clink is a pensive and detailed storyteller, and this book is equal parts beautifully painful memoir and intense analysis of the genetic components of mental illness. For anyone who has watched a family member struggle, this is a powerful window into that world -- one that is very difficult to witness but even harder to experience firsthand. There is no self-pity here; it is a clear self-exploration without asking anything of the reader. *A Different Kind of Same* is raw, hard, and painful -- but it is impossible to get through it without wishing you could offer empathy. Read carefully, it will surely make the reader into a better support for others.

This book is a true gift from the author and one you won't want to put down so when you start give yourself plenty of time (and coffee!). I highly recommend this book for anyone who had been a victim of depression and/or suicide either personally or peripherally with a loved one. The raw account and painful honesty Kelley endows the reader with is an insight and understanding of the illness that I've never seen captured in a book. Truly, this memoir is one you will treasure and certainly not forget. Thank you Kelley for your honesty and willingness to disclose feelings, thoughts and emotions that others can't or won't; your courage is truly admirable.

This book is not too sad to read! And I do not say that lightly, being very sensitive to sad books and movies. This book is really a celebration of siblings, an eloquent tribute to growing up with a sibling especially in the 70s and 80s. The suicide is a foregone conclusion, the author is not out to shock you with it. Rather, this is a road map through grief, with so much loveliness and wonderful prose along the way.

So few memoirs grip us from the opening line to the closing sentence, but *A Different Kind of Same* delivers. Over and over again I was riveted. I've never been glued to a memoir all the way up to and through the EPILOGUE. Author Kelley Clink keeps us peeled to the pages in the Epilogue where she delivers yet another one-two surprise and insight. Clink is a ferociously talented author who takes us into her and her brother's jarring world with exquisite narrative, wrenching anguish and

splayed-open self-reflection. In the end, we are rooting for and thanking Clink for her courageous and victorious tale of true familial love, forgiveness and coming to peace under the most excruciating circumstances.

"Preventable" deaths are hell for the living. The need to know and understand is crushing and consuming. It shatters all sorts of assumptions we never knew we had and forces doubts and questions about everything. Kelley Clink shares her journey through these experiences to a place of compassion for herself, her family and her brother. Despite the difficult subject matter, it's a quick and engaging read. It's not preachy or didactic, but there's a lot to learn from her lived experience. Very highly recommended.

This is a truly amazing book- I couldn't put it down. I read it in 2 long chunks over a weekend and completely neglected a load of laundry in the washer for hours because I literally COULDN'T PUT IT DOWN. I laughed, I gasped out loud, I cried multiple times. Kelley Clink is an amazing force of nature.

To The Point: This was an amazing book with unbelievable insight into families with mental illness. Such a stigmatized disease, the battle families and victims face is beautifully represented. Review: I have to say, I was amazed with how wonderfully written this book is. Typically, in my experience, memoirs can come off with too much casual conversational writing and not enough editing. Yes, you want to get into that space the author is in but it still needs to be professional. Kelly Clink balanced her natural speech with beautiful writing skills and this book did not get lost in language. I read this book and felt her feelings, I got lost in her dangerous world just enough to empathize which is also another amazing skill. I was dragged in deep enough to feel and not so deep where I lost myself. That sounds dramatic, but I'm upfront. This book is about suicide and depression and bipolar disorder (this actual label has been removed from the DSM I thought "manic depression?"). Considering these are the subjects of this book and it is a true story, it's deep, it is meant to be deep. You are supposed to feel from this story. I feel like this book needs to be out there, everywhere because this is such an important subject and I think this book will help spread awareness. Mental illness is like any other health concern and should be treated as such and not so judged as it is in our society. I thought this book was incredibly well written and a great story. I gave the book 4.5 stars because I think this book has an important story to tell and I recommend this book to most readers, just be cautioned of the tough subject matter and age groups as well. A Different Kind

of Same: A Memoir by Kelly Clink. She Writes Press (June 9, 2015). 207 pages. Memoir: Grief/Suicide/Family Relationships. I received a copy of this from BookSparks for the Truth or Dare blog tour. from [www.amandanicolebooks.wordpress.com](http://www.amandanicolebooks.wordpress.com)

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