

## THE RULES OF THE TUNNEL ZEMAN NED%0A

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[The Rules of the Tunnel: A Brief Period of Madness by Ned ...](#)

In *The Rules of the Tunnel: My Brief Period of Madness*, Zeman takes us into his mind, letting us glimpse what it might be like to suffer as he has. As a writer and editor, I found interest in Zeman's descriptions of his work, the processes and relationships between writers and editors. [PDF] Free Download [The Rules of the Tunnel: A Brief ...](#)

*The Rules of the Tunnel* was an incredible disappointment. Being bipolar myself I read quite a few memoirs of mental illness to compare the experiences of others as well as their perspectives on their situation. Zeman's, however, blew. Browsing GoodReaders supportive reviews, I'm confident that most wer [...]

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In *The Rules of the Tunnel*, Ned Zeman who chronicles his attempts to control clinical depression through myriad doctors, hospitals, psychiatric meds and finally electroconvulsive

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[The Rules of the Tunnel by Ned Zeman | PenguinRandomHouse ...](#)

A journalist faces his toughest assignment: profiling

himself as he struggles with mood disorders, memory, shock treatment therapy, and the quest to get back to normal. Twenty-five million Americans suffer from clinical depression. But Ned Zeman never thought he'd be one of them. He had a great

**The Rules of the Tunnel: A Brief Period of Madness: Ned ...**

The Rules of the Tunnel is a marvelous piece of storytelling, racing forward at 110 mph and carrying you along by the hair. Zeman's writing is absolutely addictive. His portraits of people are quick and incisive, and the picture he paints of the media industry is hysterical, snarky, and apt. But it's Zeman's brutal honesty about himself and the wild ride he's been on that will win you over.

**Ned Zeman's Rules of the Tunnel: Escaping a Grizzly End ...**

From *The Rules of the Tunnel: My Brief Period of Madness*, by Ned Zeman. Published by arrangement with Gotham Books, a member of Penguin Group (USA), Inc. Copyright 2011 by A-South Productions, Inc.

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Zeman eventually went further, by trying electroconvulsive therapy, aka shock treatment, aka "the treatment of last resort." By the time it was over, Zeman had lost nearly two years' worth of memory. He was a reporter with amnesia.