



sleepwalker

THE MYSTERIOUS MAKINGS AND RECOVERY
OF A SOMNAMBULIST

KATHLEEN FRAZIER

Sleepwalker The Mysterious Makings And Recovery Of A Somnambulist

Hidesaburō Saitō



Sleepwalker The Mysterious Makings And Recovery Of A Somnambulist:

Sleepwalker Kathleen Frazier, 2015-09-08 I came to in the middle of it like waking inside a horror movie silent scream and all Eyes wide open I was standing at an open window staring at the dizzying curve of Riverside Drive five floors below I d stopped somehow poised about to jump Growing up the good girl in an Irish American family full of drinkers and terrible sleepers Kathleen Frazier was twelve when her seemingly innocent sleepwalking turned dangerous Over the next few years she was a popular A student by day the star of her high school musical At night she both longed for and dreaded sleep Frazier moved to Manhattan in the 1980s hoping for a life in the theater but getting a run of sleepwalking performances instead Efforts to abate her malady with drinking failed miserably She became promiscuous looking for nighttime companionship Could a bed partner save her from flinging herself down a flight of stairs or out an open window Exhaustion stalked her and rest and love were seemingly out of reach This is the journey Frazier illuminates in her intimate memoir While highlighting her quest to beat her sleep terrors and insomnia this is ultimately a story of health hope and redemption

■■■■■■■ Hidesaburō Saitō, 1931

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