

PDF | A First-Rate Madness:
Uncovering the Links Between
Leadership and Mental Illness

by Nassir Ghaemi

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A FIRST-RATE
MADNESS

"A *First-Rate Madness* is a sophisticated work of psychology, but it is also a gossipy work of celebrity history, a who's who of the eminently uninged."
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UNCOVERING THE LINKS BETWEEN
LEADERSHIP AND MENTAL ILLNESS

NASSIR GHAEMI

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This *New York Times* bestseller is a myth-shattering exploration of the powerful connections between mental illness and leadership. Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Programme at Tufts Medical Center, offers and sets forth a controversial, compelling thesis: the very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lacklustre leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions about greatness and the mind.



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