

(PRLEAP.COM) "Crazy Lady: Achievement Against the Odds ," a new book by Dr. Myrtle Boykin Sampson, has been released by Dorrance Publishing Co., Inc.

"Crazy Lady: Achievement Against the Odds" is an autobiographical account of Dr. Myrtle Boykin Sampson's amazing achievements in the field of clinical psychology—three master's degrees and two doctorate degrees, plus a significant amount of post-doctoral study.

All of this was achieved as she fought her own mental health battles. From an early age, she struggled with identity issues, being the younger of a pair of twins. As an academically-gifted African-American woman, she strived to prove herself in a time of white male-dominated educational and professional environs. She faced the disappointment of infertility, followed by the joy of adoption, only to learn this beautiful child that she loved so much was autistic. These stressors led her to a drinking problem, "a nervous breakdown," and later mental illness due to a chemical imbalance. She had both inpatient and outpatient treatments, including electroconvulsive shock treatments (ECTs).

To quote Dr. Sampson, "As a clinical psychologist who has counseled many hundreds of people, I can say that the personal journey that brought me to this point is a fascinating and instructive case study worth sharing." And, indeed, this is a captivating read.

About the Author:Dr. Myrtle Boykin Sampson is a licensed clinical psychologist, psychotherapist, university educator, nationally certified counselor, civic volunteer, and philanthropist. She and her husband, retired pharmacist, Dr. Robert R. Sampson live in Greensboro, NC. The couple has one adult son, Ricky.

North Carolina A & T State University's Outstanding Teacher of the Year in '84-'85, she is one of the founders of the Friends of the A & T School of Education and has established an endowed scholarship. A portion of the proceeds from this book will support student scholarships through the Friends organization.

"Crazy Lady: Achievement Against the Odds " is a 224-page paperback with a retail price of \$19.00. The ISBN is 978-1-4349-2993-8. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com

