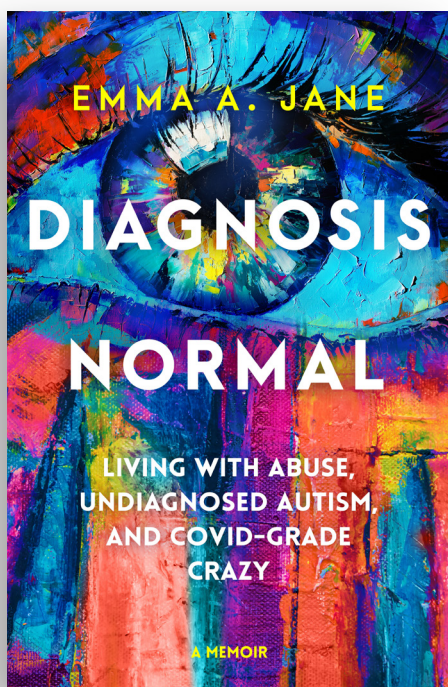


EMMA A. JANE

# DIAGNOSIS NORMAL

**'It is an extraordinary thing, to watch a brilliant mind examining itself and checking for wounds. I've never read a memoir like it'**  
**- Annabel Crabb**

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Emma Jane (formerly Emma Tom) has lived a thousand colourful lives. She's been an award-winning journalist, a TV presenter, played in a successful band, married a rock star she hardly knew, had a baby, written books, had cancer, ditched journalism for academia and completed a PhD. But all the while, she was struggling with her mental health, sparked by the early trauma of childhood sexual abuse.

In her no-holds-barred memoir *Diagnosis Normal*, Emma speaks candidly about the complex combination of this abuse, a lifetime of dealing with mental illness and a late autism diagnosis that led to her being who she is today, and explores the impact each has on so many others in society.

With her astounding intelligence and wit, Emma bravely breaks the toxic silence surrounding sexual violence and mental illness, and by doing so, raises the possibility of not just surviving them but thriving. She acknowledges that despite living in an age of perpetual big reveals, these 'unspeakable' things need to be spoken about. Screw the awkward silences and weird reactions.

Emma also writes about the impact the current COVID-19 pandemic has had on her and others suffering from various pre-existing mental illnesses: 'Some of us...were pushed so far over the edge, we wondered if we'd ever be fully functional again.'

Topics covered in the book include:

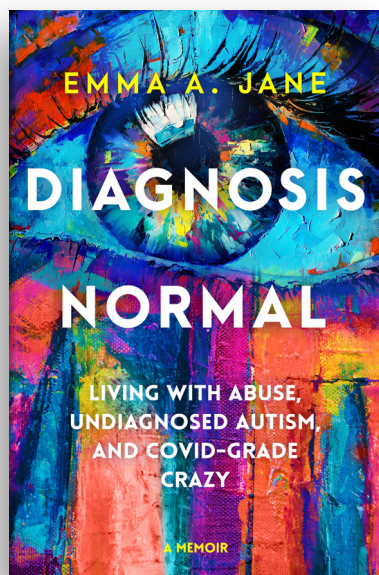
- Emma's PhD which led to her groundbreaking research on misogyny on the internet and gendered cyberhate
- Postnatal depression and major depressive disorder
- Queer identity
- Diagnosis of autism and ADHD in adulthood
- Complex Post Traumatic Stress Disorder and generalised anxiety disorder (GAD)

**'We need to break the toxic silence surrounding sexual violence and mental illness. We need to speak these unspeakable things.'**

**'We need more un-pretty stories.'**

Emma A. Jane





- The relationship between childhood sexual abuse and general ill health in adulthood
- Parenting a child with mental health struggles and neurodiversity
- The COVID-19 pandemic and its impact on mental health
- The relationship between social media and mental health/women's health and safety
- Violence against women

Staunchly feminist, brutally honest and aching raw, *Diagnosis Normal* nudges these difficult topics into the daylight, with the hope it will encourage others to speak up and heal in the process.

Emma A. Jane - formerly published as Emma Tom - is an Associate Professor at UNSW Sydney. Her research specialties are eclectic, and include sex and gender, misogyny on the internet, the future of work, social entrepreneurship and the impacts of emerging technology. In 2021, Stanford University ranked her as being in the top 2% of researchers in the world based on citations of her academic work. Emma has presented the findings of her research to the Australian Human Rights Commission, the Australian government's Workplace Gender Equality Agency, the Festival of Dangerous Ideas at the Sydney Opera House, and unsuspecting uber drivers (sorry about that). Prior to her career in academia, she spent nearly 25 years working in the print, broadcast, and electronic media, much of which was spent fielding burlesque electronic rape and death threats. Emma has received multiple awards and prizes for her research, her teaching, her journalism, and her fiction. *Diagnosis Normal* is her eleventh book. On the weekends, she makes GIFs of her dogs, fools around with Excel macros, and reads books about how to read books by Wittgenstein. She was #SurprisedNotSurprised when she was recently diagnosed as being on the autism spectrum.

