



# Wide Awake and Dreaming: A Memoir of Narcolepsy

By Julie Flygare

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Julie Flygare was on an ambitious path to success, entering law school at age 22, when narcolepsy destroyed the neurological boundaries between dreaming and reality in her brain. She faced terrifying hallucinations, paralysis and excruciating sleepiness aspects of dream sleep taking place while wide awake. Yet, narcolepsy was a wake-up call for Julie. Her illness propelled her onto a journey she never imagined from lying paralyzed on her apartment floor to dancing euphorically at a nightclub; from the classrooms of Harvard Medical School to the start line of the Boston Marathon.

Winner of the San Francisco Book Festival Award for Biography/Autobiography, *Wide Awake and Dreaming* is a revealing first-hand account of dreams gone wrong with narcolepsy. It s the brave story of one woman trampling over barriers and finding light in the darkest of circumstances.

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### Editorial Review

#### Review

Julie's memoir describes with eloquence the transformation of a life by narcolepsy, from dreams to nightmares. --Emmanuel Mignot, M.D. Ph.D. Director, Stanford University Center for Sleep Sciences

If you want to find out what it is like to have narcolepsy, you must read *Wide Awake and Dreaming*. Julie's memoir is so well written with such interesting and entertaining detail, honesty and openness. Julie describes her story so clearly as her story and yet, many people will recognize their own story in here. A wonderful recommended must read for everyone! Julie is a natural story teller. --Eveline Honig, M.D., M.P.H. Executive Director, Narcolepsy Network, Inc.

Julie shares her story brilliantly. She relates the details in such a way, that it is an easy read with snippets of humor added. This, I believe, makes her an ideal spokesperson for narcolepsy. Julie is all about helping others to empower themselves; to make their journey into the unknown a little less scary than it was for her. She uses her own life's experiences to teach us how to find humor, and hope, in our own health circumstances. Whether you have narcolepsy, or another condition, this is a must read book. --Michelle King Robson, Founder and Chairperson, EmpowHER

#### About the Author

**Julie Flygare** received her B.A. from Brown University and her J.D. from Boston College Law School. Her first book, *Wide Awake and Dreaming* describes her experiences with narcolepsy, from collapsing to the ground to running the Boston Marathon. It won the San Francisco Book Festival Award for Biography/Autobiography. Diagnosed with narcolepsy in 2007, Julie has become a national narcolepsy spokesperson and advocate. Her dreams are studied in Harvard Medical School's curriculum. Her story has been featured by Marie Claire Magazine, ABC News, NBC News, Sirius XM Radio and Psychology Today.

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##### Nancy Samuel:

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