



# Wide Awake and Dreaming: A Memoir of Narcolepsy

*Julie Flygare*

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## **Wide Awake and Dreaming: A Memoir of Narcolepsy** Julie Flygare

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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