

Cracked Why Psychiatry Is Doing More Harm Than Good James Davies

A “thought-provoking” look at the psychiatric profession, the overprescribing of pharmaceuticals, and the cost to patients’ health (Booklist). In an effort to enlighten a new generation about its growing reliance on psychiatry, this illuminating volume investigates why psychiatry has become the fastest-growing medical field in history; why psychiatric drugs are now more widely prescribed than ever before; and why psychiatry, without solid scientific justification, keeps expanding the number of mental disorders it believes to exist.This revealing volume shows that these issues can be explained by one startling fact: in recent decades psychiatry has become so motivated by power that it has put the pursuit of pharmaceutical riches above its patients’” well-being. Readers will be shocked and dismayed to discover that psychiatry, in the name of helping others, has actually been helping itself.In a style reminiscent of Ben Goldacre”s Bad Science and investigative in tone, James Davies reveals psychiatry’s hidden failings and how the field of study must change if it is to ever win back its patients’” trust.

Describes the author’s attempted suicide after being diagnosed with bipolar disorder, the breakdowns that challenged his efforts to live with his illness, and his work as a mental health advocate.

Towards the end of the twentieth century, the solution to mental illness seemed to be found. It lay in biological solutions, focusing on mental illness as a problem of the brain, to be managed or improved through drugs. We entered the 'Prozac Age' and believed we had moved on definitively from the time of frontal lobotomies to an age of good and successful mental healthcare. Biological psychiatry had triumphed. Except maybe it hadn't. Starting with surprising evidence from the World Health Organisation that suggests people recover better from mental illness in a developing country than in the first world, Doctoring the Mind asks the question: how good are our mental health services, really? Richard Bentall picks apart the science that underlies current psychiatric practice across the US and UK. Arguing passionately for a future of mental health treatment that focuses as much on patients as individuals as on the brain itself, this is a book set to redefine our understanding of the treatment of madness in the twenty-first century.

Revealing the way accepted psychological guidelines are established, typically by a conservative group of white males, a cautionary manual argues that standard life problems are often misdiagnosed as mental disorders.

How the Simple Science of Motivation Can Bring You a Lifetime of Fitness

Casebook in Abnormal Psychology

The Sedated Society

Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness

The Great Pretender

Meet the Ancient Egyptians

The Center Cannot Hold

At the age of 14, Lynsey Calderwood suffered a traumatic brain injury that left her physically unmarked but destroyed her memory. Thrust back into an apparently nonsensical world of which she had no recollection; Lynsey spiralled downwards into depression and eating disorders as she became socially ostracized.

Mind Fixers tells the history of psychiatry’s quest to understand the biological basis of mental illness and asks where we need to go from here. In Mind Fixers, Anne Harrington, author of The Cure Within, explores psychiatry’s repeatedly frustrated struggle to understand mental disorder in biomedical terms. She shows how the stalling of early twentieth century efforts in this direction allowed Freudians and social scientists to insist, with some justification, that they had better ways of analyzing and fixing minds. But when the Freudians overreached, they drove psychiatry into a state of crisis that a new “biological revolution” was meant to alleviate. Harrington shows how little that biological revolution had to do with breakthroughs in science, and why the field has fallen into a state of crisis in our own time. Mind Fixers makes clear that psychiatry’s waxing and waning biological enthusiasms have been shaped not just by developments in the clinic and lab, but also by a surprising range of social factors, including immigration, warfare, grassroots activism, and assumptions about race and gender. Government programs designed to empty the state mental hospitals, acrid rivalries between different factions in the field, industry profit mongering, consumerism, and an uncritical media have all contributed to the story as well. In focusing particularly on the search for the biological roots of schizophrenia, depression, and bipolar disorder, Harrington underscores the high human stakes for the millions of people who have sought medical answers for their mental suffering. This is not just a story about doctors and scientists, but about countless ordinary people and their loved ones. A clear-eyed, evenhanded, and yet passionate tour de force, Mind Fixers recounts the past and present struggle to make mental illness a biological problem in order to lay the groundwork for creating a better future, both for those who suffer and for those whose job it is to care for them.

1 copy located in CIRCULATION.

The true story of the little-known mental-health pioneer who revolutionized how we see the defining problem of our era: anxiety. Panic, depression, sorrow, guilt, disgrace, obsession, sleeplessness, low confidence, loneliness, agoraphobia. .The international bestseller Hope and Help for Your Nerves, first published in 1962 and still in print, has helped tens of millions of people to overcome all of these, and continues to do so. Yet even as letters and phone calls from readers around the world flooded in, thanking her for helping to improve—and in some cases to save—their lives, Dr Claire Weekes was dismissed as underqualified and overly populist by the psychiatric establishment. Just who was this woman? Claire Weekes was driven by a restless and unconventional mind that saw her become the first woman to earn a Doctor of Science degree at Australia's oldest university, win global plaudits for her research into evolution, and take a turn as a travel agent, before embarking on a career in medicine. But it was a mistaken diagnosis of tuberculosis that would set her heart racing and push her towards integrating all she'd learned into a practical treatment for anxiety—a tried-and-true method now seen as state-of-the-art 30 years after her death. This book is the first to tell her remarkable story.

Challenging the Culture of Psychiatric Diagnosis

Recovering After Traumatic Brain Injury

Pharmageddon

Miss Memory Lane

Sedated

Racism and the Haunting of American Psychiatry at the Milledgeville Asylum

How The World's Most Powerful Psychiatrists Decide Who's Normal

Using cases from the authors' files or from case files of other working clinicians, CASEBOOK IN ABNORMAL PSYCHOLOGY, International Edition portrays the rich and arresting nature of disorders manifested in real people.

Cases illustrate every major DSM-IV category, followed by a therapy outcome section that tells the “rest of the story” of what happened to these clients. Using an integrative approach, the authors emphasize the multiple causes of disorders and incorporate developmental and cultural issues in each case. Complex cases are presented without a diagnosis, so students can come up with a diagnosis on their own. This Fourth Edition includes a new case on body dysmorphic disorder as well as two new cases without a diagnosis.

“Gary Greenberg has become the Dante of our psychiatric age, and the DSM-5 is his Inferno.” —Errol Morris Since its debut in 1952, the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders has set down the “official” view on what constitutes mental illness. Homosexuality, for instance, was a mental illness until 1973. Each revision has created controversy, but the DSM-5 has taken fire for encouraging doctors to diagnose more illnesses—and to prescribe sometimes unnecessary or harmful medications. Respected author and practicing psychotherapist Gary Greenberg embedded himself in the war that broke out over the fifth edition, and returned with an unsettling tale. Exposing the deeply flawed process behind the DSM-5’s compilation, The Book of Woe reveals how the manual turns suffering into a commodity—and made the APA its own biggest beneficiary.

Psychiatry and Religion: Context, Consensus and Controversies works to eradicate the distinction between spiritual and psychological welfare and promote greater understanding of the relationship between the two. This book brings together chapters from fifteen mental health practitioners and pastoral workers to explore what their different philosophies have to offer the individuals in their care. As well as all the major world religions, the text also provides detailed information about newer religions and the significance of their belief systems for mental health management. The book examines the positive and negative effects that strict moral codes and religious rituals can produce and shows how awareness of these effects is crucial to the treatment of these patients. This classic edition of Psychiatry and Religion, with a new introduction from Dinesh Bhugra, will continue to provide an important resource to practicing and training psychiatrists.

The mental health system in America is hardly the front-burner issue it should be, despite lip service about reform after each new tragic mass killing. Yet every American should care deeply about fixing a system a presidential commission reported was in “shambles.” By some measures, 20 percent of Americans have some sort of mental health condition, including the most vulnerable among us—veterans, children, the elderly, prisoners, the homeless.With Mental Health, Inc., award-winning investigative journalist Art Levine delivers a Shock Doctrine-style exposé of the failures of our out of control, profit-driven mental health system, with a special emphasis on dangerous residential treatment facilities and the failures of the pharmaceutical industry, including the overdrugging of children with antipsychotics and the disastrous maltreatment of veterans with PTSD by the scandal-wracked VA.Levine provides compelling narrative portraits of victims who needlessly died and some mentally ill people who won unexpected victories in their lives by getting smart, personalized help from “psychosocial” programs that incorporate safe and appropriate prescribing, along with therapy and social support. He contrasts their stories with corrupt Big Pharma executives and researchers who created fraudulent marketing schemes. Levine also tells the dramatic David vs. Goliath stories of a few brave reformers, including Harvard-trained psychiatrist and researcher Dr. Stefan Kruszewski, who has acted as a whistleblower in several major cases, leading to important federal and state settlements; in addition, the book spotlights pioneering clinicians challenging outmoded, drug-and-sedate practices that leave 90 percent of people with serious mental illness too disabled to work.By taking a comprehensive look at mental health abuses and dangerous, ineffective practices as well as pointing toward solutions for creating a system for effective, proven and compassionate care, Art Levine’s essential Mental Health, Inc. is a call to action for politicians and citizens alike—needed now more than ever.

They Say You’re Crazy

The Myth of Mental Illness

An Inquiry into the Social Uses of Mental Health Practices

The Value and Meaning of Emotional Discontent

Anatomy of an Epidemic

Why Psychiatry Is Doing More Harm Than Good

Mindset

This edited volume provides an answer to a rising public health concern: what drives the over prescription of psychiatric medication epidemic? Over 15% of the UK public takes a psychiatric medication on any given day, and the numbers are only set to increase. Placing this figure alongside the emerging clinical and scientific data revealing their poor outcomes and the harms these medications often cause, their commercial success cannot be explained by their therapeutic efficacy.Chapters from an interdisciplinary team of global experts in critical psychopharmacology rigorously examine how pharmaceutical sponsorship and marketing, diagnostic inflation, the manipulation and burying of negative clinical trials, lax medication regulation, and neoliberal public health policies have all been implicated in ever-rising psycho-pharmaceutical consumption. This volume will ignite a long-overdue public debate. It will be of interest to professionals in the field of mental health and researchers ranging from sociology of health, to medical anthropology and the political economy of health.

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. The Center Cannot Hold is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

Do you secretly hate exercising? Struggle to stick with a program? Millions of people try and fail to stay fit. But what if "exercising" is the real problem, not you? Motivation scientist and behavior expert Michelle Segar?translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity. In No Sweat, Segar will help you find: A step-by-step program for staying encouraged to exercise Pleasure in physical activity Realistic ways to fit fitness into your life The success of the clients Segar has coached testifies to the power of her program. Their stories punctuate the book, entertaining and emboldening you to break the cycle of exercise failure once and for all. Practical, proven, and loaded with inspiring stories, No Sweat makes getting fit easier--and more fun--than you ever imagined. Get ready to embrace an active lifestyle that you'll love!

This searing indictment, David Healy's most comprehensive and forceful argument against the pharmaceuticalization of medicine, tackles problems in health care that are leading to a growing number of deaths and disabilities. Healy, who was the first to draw attention to the now well-publicized suicide-inducing side effects of many anti-depressants, attributes our current state of affairs to three key factors: product rather than process patents on drugs, the classification of certain drugs as prescription-only, and industry-controlled drug trials. These developments have tied the survival of pharmaceutical companies to the development of blockbuster drugs, so that they must overhype benefits and deny real hazards. Healy further explains why these trends have basically ended the possibility of universal health care in the United States and elsewhere around the world. He concludes with suggestions for reform of our currently corrupted evidence-based medical system.

Cracked, Not Broken

The Book of Woe

A Novel

Why Therapy, Empathy and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry"

The Bitterest Pills

Psychiatry and Religion

Surviving and Thriving After a Suicide Attempt

The first attempt in forty years to explain the full subject of psychiatry, from one of the world’s experts. In what will be a tour de force in the field of psychiatry in all its complexity and depth, this important new volume explores the essential paradox of psychiatry—and offers a balanced understanding of its history and development in the medical world. Much is written about psychiatry, but very little that describes psychiatry itself. Why should there be such a need? For good or ill, psychiatry is a polemical battleground, criticized on the one hand as an instrument of social control, while on the other the latest developments in neuroscience are trumpeted as lasting solutions to mental illness. Which of these strikingly contrasting positions should we believe? This is the first attempt in a generation to explain the whole subject of psychiatry. In this deeply thoughtful, descriptive, and sympathetic book, Tom Burns reviews the historical development of psychiatry, throughout alert to where psychiatry helps, and where it is imperfect. What is clear is that mental illnesses are intimately tied to what makes us human in the first place, and the drive to relieve the suffering they cause is even more human. Psychiatry, for all its flaws, currently represents our best attempt to discharge this most human of impulses. It is not something we can just ignore. It is our necessary shadow.

A challenging reappraisal of the history of antipsychotics, revealing how they were transformed from neurological poisons into magical cures, their benefits exaggerated and their toxic effects minimized or ignored.

Debunks many myths about how psychiatric drugs work and how useful they are. Informative, practical and at times, uncomfortable reading.

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”–Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

The Extraordinary Life of Dr Claire Weekes

A Memoir

Toxic Psychiatry

No Sweat

The Importance of Suffering

A Straight Talking Introduction to Psychiatric Drugs

Law, Liberty and Psychiatry

A brutally honest and moving memoir of lust, abuse, addiction, stardom, and redemption from Arrow and Teen Wolf actor Colton Haynes. Four years ago, Colton Haynes woke up in a hospital. He’d had two seizures, lost the sight in one eye, almost ruptured a kidney, and been put on an involuntary psychiatry hold. Not yet thirty, he knew he had to take stock of his life and make some serious changes if he wanted to see his next birthday. As he worked towards sobriety, Haynes allowed himself to become vulnerable for the first time in years and with that, discovered profound self-awareness. He had millions of social media followers who constantly told him they loved him. But what would they think if they knew his true story? If they knew where he came from and the things he had done? Now, Colton bravely pulls back the curtain on his life and career, revealing the incredible highs and devastating lows. From his unorthodox childhood in a small Kansas town, to coming to terms with his sexuality, he keeps nothing back. By sixteen, he had been signed by the world’s top modeling agency and his face appeared on billboards. But he was still a broke, lonely, confused teenager, surrounded by people telling him he could be a star as long as he never let anyone see his true self. As his career in television took off, the stress of wearing so many masks and trying to please so many different people turned his use of drugs and alcohol into full-blown addiction. A lyrical and intimate confession, apology, and cautionary tale, Miss Memory Lane is an unforgettable story of dreams deferred and dreams fulfilled; of a family torn apart and rebuilt; and of a man stepping into the light as no one but himself.

Is CBT all it claims to be? The Cognitive Behavioural Tsunami: Managerialism, Politics, and the Corruptions of Science provides a powerful critique of CBT’s understanding of human suffering, as well as the apparent scientific basis underlying it. The book argues that CBT psychology has fetishized measurement to such a degree that it has come to believe that only the countable counts. It suggests that the so-called science of CBT is not just "bad science" but "corrupt science". The rise of CBT has been fostered by neoliberalism and the phenomenon of New Public Management. The book not only critiques the science, psychology and philosophy of CBT, but also challenges the managerialist mentality and its hyper-rational understanding of "efficiency", both of which are commonplace in organizational life today. The book suggests that these are perverse forms of thought, which have been institutionalised by NICE and IAPT and used by them to generate narratives of CBT’s prowess. It claims that CBT is an exercise in symptom reduction which vastly exaggerates the degree to which symptoms are reduced, the

durability of the improvement, as well as the numbers of people it helps. Arguing that CBT is neither the cure nor the scientific treatment it claims to be, the book also serves as a broader cultural critique of the times we live in; a critique which draws on philosophy and politics, on economics and psychology, on sociology and history, and ultimately, on the idea of science itself. It will be of immense interest to psychotherapists, policymakers and those concerned about the excesses of managerialism. When Bull Mastrick and Victor Konig wind up in the same psychiatric ward at age 16, each recalls and relates in group therapy the bullying relationship they have had since kindergarten as well as facts about themselves and their families that reveal how much they have in common. A first novel. Prozac, Xanax, Halcion, Haldol, Lithium. These psychiatric drugs--and dozens of other short-term "solutions"--are being prescribed by doctors across the country as a quick antidote to depression, panic disorder, obsessive-compulsive disorder, and other psychiatric problems. But at what cost? In this searing, myth-shattering exposé, psychiatrist Peter R. Breggin, M.D., breaks through the hype and false promises surrounding the "New Psychiatry" and shows how dangerous, even potentially brain-damaging, many of its drugs and treatments are. He asserts that: psychiatric drugs are spreading an epidemic of long-term brain damage; mental "illnesses" like schizophrenia, depression, and anxiety disorder have never been proven to be genetic or even physical in origin, but are under the jurisdiction of medical doctors; millions of schoolchildren, housewives, elderly people, and others are labeled with medical diagnoses and treated with authoritarian interventions, rather than being patiently listened to, understood, and helped. Toxic Psychiatry sounds a passionate, much-needed wake-up call for everyone who plays a part, active or passive, in America's ever-increasing dependence on harmful psychiatric drugs. The Undercover Mission That Changed Our Understanding of Madness The Myth of the Chemical Cure Behind the Gates of Gomorrah A Critique of Psychiatric Drug Treatment

Managerialism, Politics and the Corruptions of Science Context, Consensus and Controversies

"Whew! They going to send around here and tie you up and drag you off to Milledgeville. Them fat blue police chasing tomcats around alleys."—Berenice in The Member of the Wedding by Carson McCullers A scathing and original look at the racist origins of the field of modern psychiatry, told through the story of what was once the largest mental institution in the world, by the prize-winning author of Memoir of a Race Traitor After a decade of research, Mab Segrest, whose Memoir of a Race Traitor forever changed the way we think about race in America, turns sanity itself inside-out in a stunning book that will become an instant classic. In December 1841, the Georgia State Lunatic, Idiot, and Epileptic Asylum was founded on land taken from the Cherokee nation in the then-State capitol of Milledgeville. A hundred years later, it had become the largest insane asylum in the world with over ten thousand patients. To this day, it is the site of the largest graveyard of disabled and mentally ill people in the world. In April, 1949, Ebony magazine reported that for black patients, "the situation approaches Nazi concentration camp standards . . . unbelievable this side of Dante's Inferno." Georgia's state hospital was at the center of psychiatric practice and the forefront of psychiatric thought throughout the nineteenth and twentieth centuries in America—centuries during which the South invented, fought to defend, and then worked to replace the most developed slave culture since the Roman Empire. A landmark history of a single insane asylum at Milledgeville, Georgia, A Peculiar Inheritance reveals how modern-day American psychiatry was forged in the traumas of slavery, the Civil War, and Reconstruction, when African Americans carrying "no histories" entered from Freedmen's Bureau Hospitals and home counties wracked with Klan terror. This history set the stage for the eugenics and degeneracy theories of the twentieth century, which in turn became the basis for much of Nazi thinking in Europe. Segrest's masterwork will forever change the way we think about our own minds.

In this book James Davies considers emotional suffering as part and parcel of what it means to live and develop as a human being, rather than as a mental health problem requiring only psychiatric, antidepressant or cognitive treatment. This book therefore offers a new perspective on emotional discontent and discusses how we can engage with it clinically, personally and socially to uncover its productive value. The Importance of Suffering explores a relational theory of understanding emotional suffering suggesting that suffering, does not spring from one dimension of our lives, but is often the outcome of how we relate to the world internally – in terms of our personal biology, habits and values, and externally – in terms of our society, culture and the world around us. Davies suggests that suffering is a healthy call-to-change and shouldn't be chemically anesthetised or avoided. The book challenges conventional thinking by arguing that if we understand and manage suffering more holistically, it can facilitate individual and social transformation in powerful and surprising ways. The Importance of Suffering offers new ways to think about, and therefore understand suffering. It will appeal to anyone who works with suffering in a professional context including professionals, trainees and academics in the fields of counselling, psychotherapy, psychoanalysis, psychiatry and clinical psychology.

From the Laws of Mount Misery: There are no laws in psychiatry. Now, from the author of the riotous, moving, bestselling classic, The House of God, comes a lacerating and brilliant novel of doctors and patients in a psychiatric hospital. Mount Misery is a prestigious facility set in the rolling green hills of New England, its country club atmosphere maintained by generous corporate contributions. Dr. Roy Basch (hero of The House of God) is lucky enough to train there "only to discover doctors caught up in the circus of competing psychiatric theories, and patients who are often there for one main reason: they've got good insurance. From the Laws of Mount Misery: Your colleagues will hurt you more than your patients. On rounds at Mount Misery, it's not always easy for Basch to tell the patients from the doctors: Errol Cabot, the drug cowboy whose practice provides him with guinea pigs for his imaginative prescription cocktails . . . Blair Heller, the world expert on borderlines (a diagnosis that applies to just about everybody) . . . A. K. Lowell, née Aliyah K. Lowenschteiner, whose Freudian analytic technique is so razor sharp it prohibits her from actually speaking to patients . . . And Schlomo Dove, the loony, outlandish shrink accused of having sex with a beautiful, well-to-do female patient. From the Laws of Mount Misery: Psychiatrists specialize in their defects. For Basch the practice of psychiatry soon becomes a nightmare in which psychiatrists compete with one another to find the best ways to reduce human beings to blubbering drug-added pods, or incite them to an extreme where excessive rage is the only rational response, or tie them up in Freudian knots. And all the while, the doctors seem less interested in their patients' mental health than in a host of other things *managed care insurance money, drug company research grants and kickbacks, and their own professional advancement. From the Laws of Mount Misery: In psychiatry, first comes treatment, then comes diagnosis. What The House of God did for doctoring the body, Mount Misery does for doctoring the mind. A practicing psychiatrist, Samuel Shem brings vivid authenticity and extraordinary storytelling gifts to this long-awaited sequel, to create a novel that is laugh-out-loud hilarious, terrifying, and provocative. Filled with biting irony and a wonderful sense of the absurd, Mount Misery tells you everything you'll never learn in therapy. And it's a hell of a lot funnier.

CrackedWhy Psychiatry Is Doing More Harm Than Good

Cracked

Mental Health, Inc.

Breaking Down is Waking up

CBT: The Cognitive Behavioural Tsunami

Our Necessary Shadow: The Nature and Meaning of Psychiatry

Drop the Disorder!

The Causes and Harms of our Psychiatric Drug Epidemic

A psychiatrist chronicles his rookie year working with serial killers and mass murderers at California's Gorman State hospital for the criminally insane, which was punctuated by moments of extreme violence. 35,000 first printing.

Razaque explores an entirely new way of understanding psychological and mental distress based on clinical case studies from a mental hospital. His extraordinary conclusion: mental illness can be a form of spiritual awakening. The book describes new forms of treatment for mental illness inspired by Eastern approaches and centering, in particular, around practices such as mindfulness and meditation. These therapies offer both patients and their families the inspiring idea that the approach to their psychological difficulties should go beyond just "treating" episodes of mental illness but also, where possible, help the individual to complete the process of spiritual growth they have begun. Dr Razaque argues passionately that our society as a whole could benefit from developing an awareness of the spiritual power of this process of transformation. Written in the tradition of the bestselling medical doctors, Stanford's Irvin D. Yalom and Britain's Oliver Sacks, Breaking Down is Waking Up, will speak to both professionals in the field of mental health as well as those suffering from mental illness, their family and friends and, indeed, all those who have an interest in exploring the deepest layers of what it really means to be human.

This book overturns the idea that psychiatric drugs work by correcting chemical imbalance and analyzes the professional, commercial and political vested interests that have shaped this view. It provides a comprehensive critique of research on drugs including antidepressants, antipsychotics and mood stabilizers.

A provocative and shocking look at how western society is misunderstanding and mistreating mental illness.

Mount Misery

The New Psychology of Success

A Year with the Criminally Insane

Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America

The Troubling Story of Antipsychotic Drugs

Is It Me or My Meds? Living with Antidepressants

Foundations of a Theory of Personal Conduct

There's so much to digest when it comes to History - how do you know where to begin? These incredible short introductions are just the thing for readers who are beginning to explore ancient history. Get to know the basics on Ancient Egypt from gods and worship to mummification, with easy-to-digest, humorous text that is reminiscent of the best-selling Horrible Histories series. James Davies' stunning artwork and infographics provide a fresh nonfiction approach that is sure to captivate young readers.

Updated with bonus material, including a new foreword and afterword with new research, this New York Times bestseller is essential reading for a time when mental health is constantly in the news. In this astonishing and startling book, award-winning science and history writer Robert Whitaker investigates a medical mystery: Why has the number of disabled mentally ill in the United States tripled over the past two decades? Interwoven with Whitaker's groundbreaking analysis of the merits of psychiatric medications are the personal stories of children and adults swept up in this epidemic. As Anatomy of an Epidemic reveals, other societies have begun to alter their use of psychiatric medications and are now reporting much improved outcomes . . . so why can't such change happen here in the United States? Why have the results from these long-term studies—all of which point to the same startling conclusion—been kept from the public? Our nation has been hit by an epidemic of disabling mental illness, and yet, as Anatomy of an Epidemic reveals, the medical blueprints for curbing that epidemic have already been drawn up. Praise for Anatomy of an Epidemic "The timing of Robert Whitaker's Anatomy of an Epidemic, a comprehensive and highly readable history of psychiatry in the United States, couldn't be better."—Salon "Anatomy of an Epidemic offers some answers, charting controversial ground with mystery-novel pacing."—TIME "Lucid, pointed and important, Anatomy of an Epidemic should be required reading for anyone considering extended use of psychiatric medicine. Whitaker is at the height of his powers."—Greg Critser, author of Generation Rx

Full exploitation of the DSM-5 allows for more comprehensive care By demystifying the DSM-5, author Sophia Dziegielewski goes beyond the traditional diagnostic assessment and suggests both treatment plans and practice strategy. She covers the changes in criteria to the DSM-5 and what those changes mean for mental health professionals. This resource has been updated to include: New and updated treatment plans All treatment plans, interventions strategies, applications, and practice implications are evidence based Instructions on doing diagnostic assessments and differential diagnosis using the DSM-5 Changes to coding and billing using the DSM-5 and ICD-10 The book includes robust tools for students, instructors, and new graduates seeking licensure. DSM-5 in Action makes the DSM-5 accessible to all practitioners, allowing for more accurate, comprehensive care.

In this book, David Karp explores the relationship between pills and personhood by listening to a group of experts who rarely get the chance to speak on the matter--those who are taking the medications. Through their honest and vivid stories, this book provides unflinching portraits of people attempting to make sense of a process far more complex and mysterious than doctors or pharmaceutical companies generally admit.

Administrations of Lunacy

Doctoring the Mind

How Corruption, Lax Oversight and Failed Reforms Endanger Our Most Vulnerable Citizens

The DSM and the Unmaking of Psychiatry

Meet the Pirates

The connection between psychological distress and spiritual awakening

Why psychiatric treatments fail

There's so much to digest when it comes to History - how do you know where to begin? These incredible short introductions are just the thing for readers aged 6+ who are beginning to explore ancient history. Get to know the basics on Pirates from famous looters to scurvy and hygiene, with easy-to-digest, humorous text that is reminiscent of the bestselling Horrible Histories series. James Davies' stunning artwork and infographics provide a fresh nonfiction approach that is sure to captivate young readers.

" The landmark book that argued that psychiatry consistently expands its definition of mental illness to impose its authority over moral and cultural conflict. " — New York Times The 50th anniversary edition of the most influential critique of psychiatry ever written, with a new preface on the age of Prozac and Ritalin and the rise of designer drugs, plus two bonus essays. Thomas Szasz's classic book revolutionized thinking about the nature of the psychiatric profession and the moral implications of its practices. By diagnosing unwanted behavior as mental illness, psychiatrists, Szasz argues, absolve individuals of responsibility for their actions and instead blame their alleged illness. He also critiques Freudian psychology as a pseudoscience and warns against the dangerous overreach of psychiatry into all aspects of modern life.

"One of America's most courageous young journalists" and the author of the #1 New York Times bestselling memoir Brain on Fire investigates the shocking mystery behind the dramatic experiment that revolutionized modern medicine (NPR). Doctors have struggled for centuries to define insanity--how do you diagnose it, how do you treat it, how do you even know what it is? In search of an answer, in the 1970s a Stanford psychologist named David Rosenhan and seven other people--sane, healthy, well-adjusted members of society--went undercover into asylums around America to test the legitimacy of psychiatry's labels. Forced to remain inside until they'd "proven" themselves sane, all eight emerged with alarming diagnoses and even more troubling stories of their treatment. Rosenhan's watershed study broke open the field of psychiatry, closing down institutions and changing mental health diagnosis forever. But, as Cahalan's explosive new research shows in this real-life detective story, very little in this saga is exactly as it seems. What really happened behind those closed asylum doors?

Why is psychiatry such big business? Why are so many psychiatric drugs prescribed – 47 million antidepressant prescriptions in the UK alone last year – and why, without solid scientific justification, has the number of mental disorders risen from 106 in 1952 to 374 today?The everyday sufferings and setbacks of life are now ' medicalised ' into illnesses that require treatment – usually with highly profitable drugs. Psychological therapist James Davies uses his insider knowledge to illustrate for a general readership how psychiatry has put riches and medical status above patients ' well-being. The charge sheet is damning: negative drug trials routinely buried; antidepressants that work no better than placebos; research regularly manipulated to produce positive results; doctors, seduced by huge pharmaceutical rewards, creating more disorders and prescribing more pills; and ethical, scientific and treatment flaws unscrupulously concealed by mass-marketing.Cracked reveals for the first time the true human cost of an industry that, in the name of helping others, has actually been helping itself.

The Woman Who Cracked the Anxiety Code

DSM-5 in Action

How Modern Capitalism Created Our Mental Health Crisis

My Journey Through Madness