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## KEY=IS - STARK BROCK

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**Cracked Why Psychiatry Is Doing More Harm Than Good** 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. **Cracked Simon and Schuster** 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’ wellbeing. 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. **The Importance of Suffering The Value and Meaning of Emotional Discontent** *Routledge* 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. **Anatomy of an Epidemic Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America** *Crown* 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* **The Sedated Society The Causes and Harms of our Psychiatric Drug Epidemic** *Springer* 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.

**They Say You're Crazy How The World's Most Powerful Psychiatrists Decide Who's Normal** *Da Capo Lifelong Books* 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.

**Sedated How Modern Capitalism Created Our Mental Health Crisis** A provocative and shocking look at how western society is misunderstanding and mistreating mental illness.

**Cracked** *Simon and Schuster* 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.

**Breaking Down is Waking up The connection between psychological distress and spiritual awakening** *Watkins Media Limited* Razzaque 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 Razzaque 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.

**Mental Health, Inc. How Corruption, Lax Oversight and Failed Reforms Endanger Our Most Vulnerable Citizens** *Abrams* 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 "pyschosocial" 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.

**Toxic Psychiatry Why Therapy, Empathy and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry"** *St. Martin's Griffin* 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 Myth of the Chemical Cure A Critique of Psychiatric Drug Treatment** *Springer* 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.

**Pharmageddon** *Univ of California Press* 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 antidepressants, 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.

**We've Been Too Patient Voices from Radical Mental Health--Stories and Research Challenging the Biomedical Model** *North Atlantic Books* 25 unflinching stories and essays from the front lines of the radical mental health movement Overmedication, police brutality, electroconvulsive therapy, involuntary hospitalization, traumas that lead to intense altered states and suicidal thoughts: these are the struggles of those labeled "mentally ill." While much has been written about the systemic problems of our

mental-health care system, this book gives voice to those with personal experience of psychiatric misadventure often excluded from the discussion, like people of color and LGBTQ+ communities. It is dedicated to finding working alternatives to the "Mental Health Industrial Complex" and shifting the conversation from mental illness to mental health. **Mount Misery A Novel** *Ballantine Books* 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 Heiler, 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 blubbery drug-addled 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. **Side Effects A Prosecutor, a Whistleblower, and a Bestselling Antidepressant on Trial** *Algonquin Books* As the mental health reporter for the *Boston Globe*, Alison Bass's front-page reporting on conflicts of interest in medical research stunned readers, and her series on sexual misconduct among psychiatrists earned a Pulitzer Prize nomination. Now she turns her investigative skills to a controversial case that exposed the increased suicide rates among adolescents taking antidepressants such as Paxil, Prozac, and Zoloft. *Side Effects* tells the tale of a gutsy assistant attorney general who, along with an unlikely whistle-blower at an Ivy League university, uncovered evidence of deception behind one of the most successful drug campaigns in history. Paxil was the world's bestselling antidepressant in 2002. Pediatric prescriptions soared, even though there was no proof that the drug performed any better than sugar pills in treating children and adolescents, and the real risks the drugs posed were withheld from the public. The New York State Attorney General's office brought an unprecedented lawsuit against giant manufacturer GlaxoSmithKline, the maker of Paxil, for consumer fraud. The successful suit launched a tidal wave of protest that changed the way drugs are tested, sold, and marketed in this country. With meticulous research, Alison Bass shows us the underbelly of the pharmaceutical industry. She lays bare the unhealthy ties between the medical establishment, big pharma, and the FDA—relationships that place vulnerable children and adults at risk every day. **The Bitterest Pills The Troubling Story of Antipsychotic Drugs** *Springer* 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. **Shrinks The Untold Story of Psychiatry** *Little, Brown* "An astonishing book: honest, sober, exciting, and humane... [Shrinks] brings you to the very forefront of one of the most amazing medical journeys of our time." --Siddhartha Mukherjee Psychiatry has come a long way since the days of chaining "lunatics" in cold cells. But, as Jeffrey Lieberman, MD, reveals in his eye-opening book, the path to legitimacy for "the black sheep of medicine" has been anything but smooth. Dr. Lieberman traces the field from its birth as a mystic pseudo-science to its late blooming maturity--beginning after World War II--as a science-driven profession that saves lives. With fascinating case studies and portraits of the field's luminaries--from Sigmund Freud to Eric Kandel--SHRINKS is a gripping read, and an urgent call-to-arms to dispel the stigma of mental illnesses by treating them as diseases rather than unfortunate states of mind. **Angst Origins of Anxiety and Depression** *Oxford University Press* Why do so many people suffer the slings and arrows of outrageous angst? Some twenty percent of us are afflicted with common Anxiety and Depressive disorders. That's not just nervous or scared or sad - that is painful dysfunction without obvious benefit. A new theoretical synthesis suggests that while animals share a set of evolved social instincts, we humans experience commonplace Anxiety and Depressive disorders when we use our reason to defy that biology. **The Myth of Mental Illness Foundations of a Theory of Personal Conduct** *Harper Collins* "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. **A Straight Talking Introduction to Psychiatric Drugs** *P C S Books* Debunks many myths about how psychiatric drugs work and how useful they are. Informative, practical and at times, uncomfortable reading. **Why People Die by Suicide** *Harvard University Press* Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis. **The Pill That Steals Lives - One Woman's Terrifying Journey to Discover the Truth About Antidepressants** *Kings Road Publishing* While going through a divorce, documentary filmmaker Katinka Blackford Newman took an antidepressant. Not unusual - except that things didn't turn out quite as she expected. She went into a four-day toxic psychosis with violent hallucinations, imagining she had killed her children, and in fact attacking herself with a knife. Caught up in a real-life nightmare when doctors didn't realise she was suffering side effects of more pills, she went into a year-long decline. Soon she was wandering around in an old dressing gown, unable to care for herself, and

dribbling. She nearly lost everything, but luck stepped in; treated at another hospital, she was taken off all the medication and made a miraculous recovery within weeks. By publicising her story, Katinka went on to make some startling discoveries. Could there really be thousands around the world who kill themselves and others from these drugs? What of the billions of dollars in settlements paid out by drug companies? Could they really be the cause of world mass killings, such as the Germanwings pilot who took an airliner down, killing 150, while on exactly the same medication as the author when she became psychotic? And how come so many people are taking these drugs when experts say they are no more effective than a sugarcoated pill for people like her, who are distressed rather than depressed? Moving, frightening and at times funny, this is the story of how a single mum in Harlesden, North-West London, juggles life and her quest for love in order to investigate Big Pharma. For more information visit [www.thepillthatsteals.com](http://www.thepillthatsteals.com)

**CBT: The Cognitive Behavioural Tsunami Managerialism, Politics and the Corruptions of Science** *Routledge* 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.

**Sham How the Self-Help Movement Made America Helpless** *Crown Forum* A critique of the self-help movement assesses the pervasive damage that it has done to every aspect of American society, explaining how the notion of victimization has blurred the concept of personal responsibility and right and wrong, and how the idea of empowerment teaches that the belief that we can do something is more important than developing the skills to accomplish the task. Reprint. 20,000 first printing.

**Psychiatry and the Business of Madness An Ethical and Epistemological Accounting** *Springer* Based on extensive research, this book is a fundamental critique of psychiatry that examines the foundations of psychiatry, refutes its basic tenets, and traces the workings of the industry through medical research and in-depth interviews.

**Manufacturing Depression The Secret History of a Modern Disease** *Simon and Schuster* Am I depressed or just unhappy? In the last two decades, antidepressants have become staples of our medicine cabinets—doctors now write 120 million prescriptions annually, at a cost of more than 10 billion dollars. At the same time, depression rates have skyrocketed; twenty percent of Americans are now expected to suffer from it during their lives. Doctors, and drug companies, claim that this convergence is a public health triumph: the recognition and treatment of an under-diagnosed illness. Gary Greenberg, a practicing therapist and longtime depressive, raises a more disturbing possibility: that the disease has been manufactured to suit (and sell) the cure. Greenberg draws on sources ranging from the Bible to current medical journals to show how the idea that unhappiness is an illness has been packaged and sold by brilliant scientists and shrewd marketing experts—and why it has been so successful. Part memoir, part intellectual history, part exposé—including a vivid chronicle of his participation in a clinical antidepressant trial—Manufacturing Depression is an incisive look at an epidemic that has changed the way we have come to think of ourselves.

**Cracked, Not Broken Surviving and Thriving After a Suicide Attempt** *Rowman & Littlefield Pub Incorporated* 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.

**A Straight Talking Introduction to the Causes of Mental Health Problems** *P C C S Books* Succinct, thought-provoking, introduction ideal for students in all mental health disciplines and everyone with an interest in mental health.

**The Unlearned Lessons of the Twentieth Century An Essay on Late Modernity** *Isi Books* In *The Unlearned Lessons of the Twentieth Century*, the sequel to *Icarus Fallen*, published by ISI Books in 2003, Chantal Delsol maintains that the age in which we live—late modernity—calls into question most of the truths and beliefs bequeathed to us from the past. Yet it clings to a central belief in the dignity of the human person, the cornerstone of the doctrine of universal human rights to which even secular Westerners still cling. At the same time, the process of dehumanization so evident in the ideologies and totalitarianism of the twentieth century remains at work. Delsol charges that it is not enough to proclaim human rights as a sort of incantation but that, rather, one must understand what sort of being the human person is if humans are to be genuinely respected. In other words, if the philosophy of human rights is to form the basis of Western culture, it must rest on a truer understanding of the human person than that which is taught—both explicitly and implicitly—in the contemporary West.

**Doctoring the Mind Why psychiatric treatments fail** *Penguin UK* 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.

**The Book of Woe The DSM and the Unmaking of Psychiatry** *Penguin* "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. **Ending Medical Reversal Improving Outcomes, Saving Lives** *Johns Hopkins University Press* They outline a comprehensive plan to reform medical education, research funding and protocols, and the process for approving new drugs that will ensure that more of what gets done in doctors' offices and hospitals is truly effective. **The Coddling of the American Mind How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure** *Penguin* New York Times Bestseller • Finalist for the 2018 National Book Critics Circle Award in Nonfiction • A New York Times Notable Book • Bloomberg Best Book of 2018 “Their distinctive contribution to the higher-education debate is to meet safetyism on its own, psychological turf . . . Lukianoff and Haidt tell us that safetyism undermines the freedom of inquiry and speech that are indispensable to universities.” —Jonathan Marks, Commentary “The remedies the book outlines should be considered on college campuses, among parents of current and future students, and by anyone longing for a more sane society.” —Pittsburgh Post-Gazette Something has been going wrong on many college campuses in the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising—on campus as well as nationally. How did this happen? First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: What doesn't kill you makes you weaker; always trust your feelings; and life is a battle between good people and evil people. These three Great Untruths contradict basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths—and the resulting culture of safetyism—interferes with young people's social, emotional, and intellectual development. It makes it harder for them to become autonomous adults who are able to navigate the bumpy road of life. Lukianoff and Haidt investigate the many social trends that have intersected to promote the spread of these untruths. They explore changes in childhood such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the new world of social media that has engulfed teenagers in the last decade. They examine changes on campus, including the corporatization of universities and the emergence of new ideas about identity and justice. They situate the conflicts on campus within the context of America's rapidly rising political polarization and dysfunction. This is a book for anyone who is confused by what is happening on college campuses today, or has children, or is concerned about the growing inability of Americans to live, work, and cooperate across party lines. **Our Necessary Shadow: The Nature and Meaning of Psychiatry** *Simon and Schuster* 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. **Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships** *ABC-CLIO* Two veteran psychiatrists unravel the mystery of how thought and emotional patterns are passed from parents to children, generation after generation, “conditioning” each of us in ways that endure throughout our lives and affect all of our relationships. • Explores a groundbreaking concept developed by two psychiatrists with 80 years of combined experience in dynamic psychotherapy with almost 2,000 patients • Offers strategies to help readers liberate themselves from limiting ways of relating to others, avoid automatic emotional responses, live life with intention, and create happier relationships • Brings to life the principles presented through vignettes from dynamic psychotherapy treatment • Inclusive of the LGBT experience **Saving Normal An Insider's Revolt against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life** *Harper Collins* From “the most powerful psychiatrist in America” (New York Times) and “the man who wrote the book on mental illness” (Wired), a deeply fascinating and urgently important critique of the widespread medicalization of normality Anyone living a full, rich life experiences ups and downs, stresses, disappointments, sorrows, and setbacks. These challenges are a normal part of being human, and they should not be treated as psychiatric disease. However, today millions of people who are really no more than “worried well” are being diagnosed as having a mental disorder and are receiving unnecessary treatment. In *Saving Normal*, Allen Frances, one of the world's most influential psychiatrists, warns that mislabeling everyday problems as mental illness has shocking implications for individuals and society: stigmatizing a healthy person as mentally ill leads to unnecessary, harmful medications, the narrowing of horizons, misallocation of medical resources, and draining of the budgets of families and the nation. We also shift responsibility for our mental well-being away from our own naturally resilient and self-healing brains, which have kept us sane for hundreds of thousands of years, and into the hands of “Big Pharma,” who are reaping multi-billion-dollar profits. Frances cautions that the new edition of the “bible of psychiatry,” the Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5), will turn our current diagnostic inflation into hyperinflation by converting millions of “normal” people into “mental patients.” Alarming, in DSM-5, normal grief will become “Major Depressive Disorder”; the forgetting seen in old age is “Mild Neurocognitive Disorder”; temper tantrums are “Disruptive Mood Dysregulation Disorder”; worrying about a medical illness is “Somatic Symptom Disorder”; gluttony is “Binge Eating Disorder”; and most of us will qualify for adult “Attention Deficit Disorder.” What's more, all of these newly invented conditions will worsen the cruel paradox of the mental health industry: those who desperately need psychiatric help are left shamefully neglected, while the “worried well” are given the bulk of the treatment, often at their own detriment. Masterfully charting the history of psychiatric fads throughout history, Frances argues that whenever we arbitrarily label another aspect of the human condition a “disease,” we further chip away at our human adaptability and diversity, dulling the full palette of what is normal and losing something fundamental of ourselves in the process. *Saving Normal* is a call to all of us to reclaim the full measure of our humanity. **The Road to Malpsychia Humanistic Psychology and Our Discontents** *The Road to Malpsychia* gives intriguing portraits of the patriarchs of the new secular order-- Abraham Maslow, Carl Rogers, and Timothy Leary. *The Road to Malpsychia* charts the rise and fall of one of the most significant cultural movements of our time. It is a story filled with character and anecdote and also with daunting implications for the secular

souls left stranded by the failure of what Maslow once called the religion of human nature. **The Center Cannot Hold My Journey Through Madness** *Hachette Books* 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, Psychiatry, 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. **Humanistic Psychology Current Trends and Future Prospects** *Routledge* This book provides a thought-provoking examination of the present state and the future of Humanistic Psychology, showcasing a rich international contributor line-up. The book addresses head-on the current state of a world in crisis, not only placing the current conjuncture within a wider evolutionary context, but also demonstrating the specifically humanistic-psychological values and practices that can help us to transform and transcend the world's current challenges. Each chapter looks in depth at a variety of issues: counselling and psychotherapy, creativity and the humanities, post-traumatic stress, and socio-political movements and activism. The book amply confirms that Humanistic Psychology is as alive, and as innovative and exciting, as it ever has been, and has