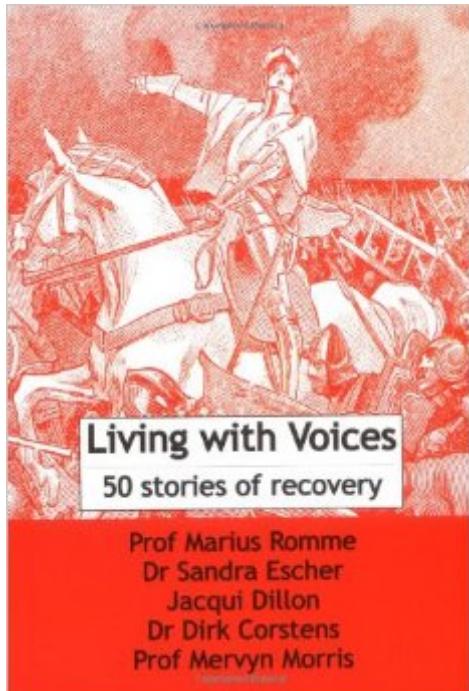


The book was found

# Living With Voices: 50 Stories Of Recovery



## Synopsis

This book is a groundbreaking development in modern mental health because it recognises the importance of the first hand experience and argues that hearing voices is not a sign of madness but a reaction to serious problems in life. Must-read book for all concerned with mental health issues.

## Book Information

Paperback: 352 pages

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Product Dimensions: 6.1 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (20 customer reviews)

Best Sellers Rank: #434,568 in Books (See Top 100 in Books) #108 inÂ  Books > Health, Fitness & Dieting > Mental Health > Schizophrenia #769 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry #786 inÂ  Books > Textbooks > Social Sciences > Psychology > Clinical Psychology

## Customer Reviews

Finally found a book that I connect with on a cellular level. My son was diagnosed with schizophrenia 10 years ago. I have repeatedly begged my son's doctors to delve into his childhood. I have given ALL of his psychiatrists detailed descriptions of his life. None were interested. They all say that it is a physical brain disorder and ply him with drugs that have reduced him to a subdued version of what he used to be. I have always disagreed, but they don't listen. - This book, written by psychiatrists and health professionals, does a good job of presenting what voice-hearing sufferers experience - and, more importantly, a solution. It is based on the premise that the sufferer has experienced trauma that then results in hearing voices. Identifying the voices, their personalities, tones, words, etc., helps to identify the incident(s)/person(s) that caused the trauma. Recovery occurs when the sufferer learns to identify and connect a voice to a particular time/space/person. - This sounds so simplistic... and I'm probably doing a very bad job of describing the contents of this book. But I am so gratified to read a book that echoes what I have believed from Day 1. Unfortunately, the psychiatric community in the United States will think it's hogwash. Their solution, though, is to push meds. If the meds don't work (and they usually don't), then there is no alternative.

They tell the "patient", and family members, that the "disease" is chronic and without hope of any significant recovery. The doctors tell you to get on with your life and expect very little from your loved one. Not only do they impart a sense of hopelessness to everyone concerned but they stick on the label of "schizophrenia" - which, as we all know, is like getting a neon light emblazoned on your forehead that says "psychotic killer".

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