

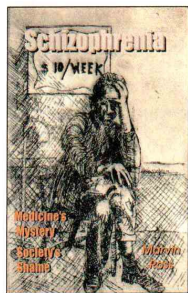
## Answers and insight

### Schizophrenia: Medicine's Mystery - Society's Shame

By Marvin Ross

(Bridgeross Communications, 2008)

Reviewed by Suzanne Robinson



This book by Marvin Ross is a powerful resource for anyone looking for answers and insight into the world of mental illness. But it is not something you pick up to read for pleasure or

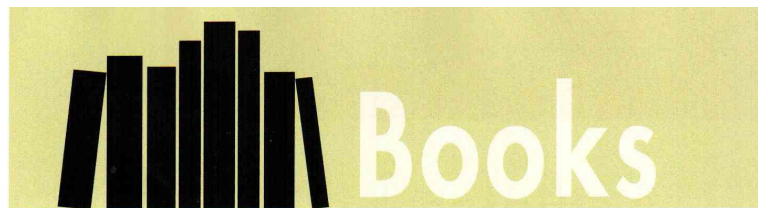
before going to bed.

Ross examines the history of institutions and how people suffering from mental illness have been treated, where we are today with our laws and why, and the search for proper treatment for those who have the disease. Many studies, both past and present, along with statistics and probable causes for the disease are also documented. There is also a chapter on various medications, treatments, and what has worked, what has not, and why. This book provides the reader with the answers to many questions—including the “whys” about the disease.

Most importantly, the author has shown, through studies and statistics, how our society is in need of education and advocates to eliminate the stigma that surrounds mental illness.

A source of comfort is found at the end of the book, where there is a list of famous people who have suffered from mental illness, and their accomplishments. For anyone who seeks answers, insight, resource material, or just wants to know more about schizophrenia, this is a great book. It has inspired me to be more public about my experiences and to continue to do all that I can to help change laws, regulations, and to eliminate the stigma that goes along with mental illness.

*Suzanne Robinson is a mother, an active mental health advocate, and a freelance writer living in Great Falls, Montana.*



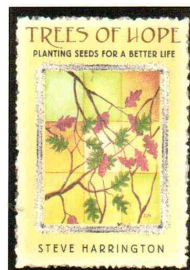
## A vivid read

### Trees of Hope: Planting Seeds for a Better Life

By Steve Harrington

(Maritime Press, 2007)

Reviewed by Alice Clark



In his most recent book *Trees of Hope: Planting Seeds for a Better Life*, Steve Harrington offers just that: useful tools for planting seeds of hope for a better life. The work is a comforting collection of the author's personal conquests, combined with words of wisdom quoted from past writers, used to assemble a positive, healthy lifestyle.

Harrington tells his story with the voice of an outdoor enthusiast. He writes, “The challenges we face each day can be much like climbing a mountain. Even with a strong and reliable lifeline, the responsibility to find handholds and footholds and climb to the top is still ours.” His analogy enables us to envision his ultimate goal—hope.

“We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names and all are different colors. But they all live in the same box.” This passage was used to convey the fact that we are more alike than different, and that each of us faces challenges.

Harrington shares this outlook with his readers: “How we approach the challenges life presents determines the quality of our lives. That is what this book is all about.” This reader concurs with the author and urges you to read his book of self-examination and expansion.

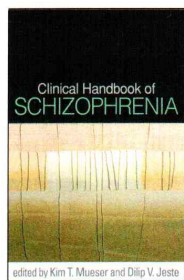
*Alice Clark is a regional director for the National Alliance on Mental Illness (NAMI)—Texas, and the Texas representative to the NAMI National Consumer Council.*

## A one-stop source of information

### Clinical Handbook of Schizophrenia

By Kim T. Mueser and Dilip V. Jeste, editors

(Guilford Press, 2008)



Written and edited by two authorities in the area of schizophrenia, the *Clinical Handbook of Schizophrenia* highlights key points that practitioners need to know, in addition to useful clinical tools and recommended resources.

Many advancements in understanding and treating schizophrenia have been made in the past few decades, and the handbook brings forward these advancements and applies them to specific populations, including older adults, children and adolescents, and people who are homeless.

This book is suitable for professionals and those with an advanced understanding of schizophrenia.