

1. Record Nr.	UNINA9910784166703321
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Titolo	The madness of our lives [[electronic resource] ] : experiences of mental breakdown and recovery // [edited by] Penny Gray ; foreword by Peter Campbell
Pubbl/distr/stampa	London, : Jessica Kingsley, 2006
ISBN	1-280-73794-8 9786610737949 1-84642-504-2
Descrizione fisica	1 online resource (206 p.)
Altri autori (Persone)	GrayPenny
Disciplina	616.89
Soggetti	Mental illness Psychiatry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; The Madness of Our Lives:Experiences of mental breakdown and recovery; Contents; FOREWORD; ACKNOWLEDGEMENTS; INTRODUCTION; Part One:Dealing with life stresses; 1.Eating a Mars bar:Jane Pole-Jones; 2.Counselling was the turningpoint: Cheryl Stromeyer; 3.No easy answers: Keith Bright; 4.My music saved my life: Julie O'Connor; Part Two:Women survivors ofchildhood abuse; 5.I was lucky in a way:Steph Corby; 6.I'd always thought cryingwas a sin: Diane Johnson; 7.Oops, there goes the telly:Lesley Tutt; Part Three:Young men in crisis; 8.I'd rather it was a chapter I'dforgotten about: Paul Mann 9.Doing all right, considering:Adrian Stiles10.It does teach you a bit abouthuman nature: Graeme Wilson; Part Four:An insider perspective; 11.Really enthusiasticabout antidepressants:Stephen Goodfellow; Postscript; The professional view; Conclusions and practical advice; REFERENCES; FURTHER READING; RESOURCES
Sommario/riassunto	This book consists of transcribed interviews with people who have had a mental breakdown and come out the other side. Those interviewed, recount painful experiences of being misunderstood, derided, bullied, abused - in their personal and professional lives but also during treatment, by unsympathetic or negligent GPs and mental health

practitioners.

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