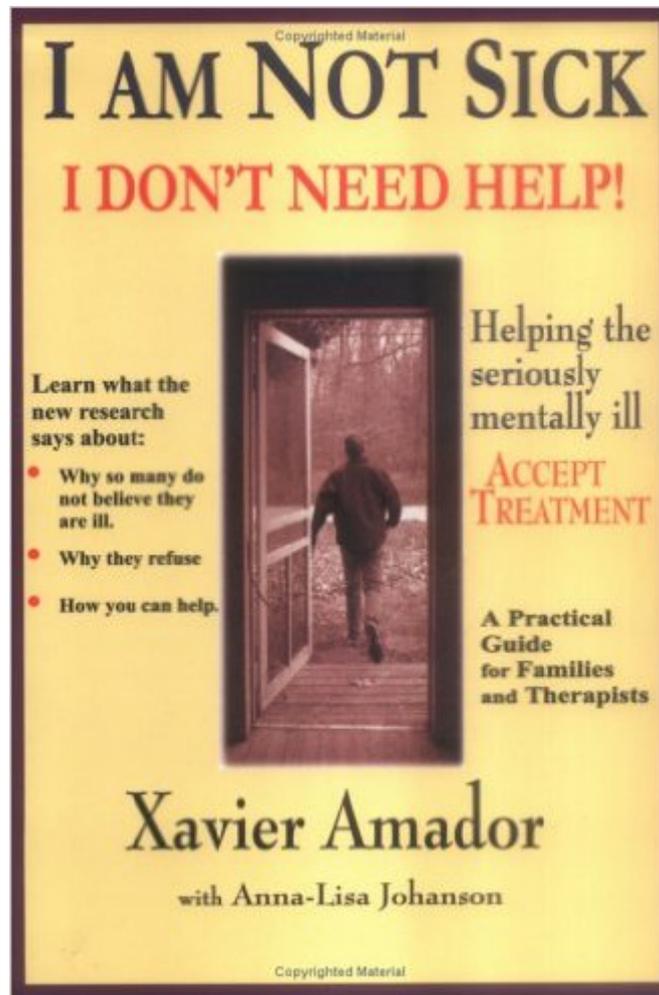


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# I Am Not Sick I Don't Need Help!



## Synopsis

About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness. Prepare to be surprised and to have new hope. There is much you can do to conquer denial.

## Book Information

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## Customer Reviews

(I have just read through this again, and I apologize for it being so long. If you don't want to read the whole thing, the summary is this: this book helps family and friends, particularly those who are new to mental issues, figure out what they can actually do to help in what appear to be hopeless situations, and it helps you a little bit to quit blaming yourself.) I read this book about the time that a close friend of mine fell completely to pieces -- again. He's creative, brilliant (a true "high genius"), has studied biology, is unusually knowledgeable about mental illness -- and is violently offended by any suggestion that he might have the same disease that institutionalized his mother for years and which appears to affect about a third of his close relatives (to varying degrees). There is apparently a book called the DSM that lists the exact requirements for psychological diagnoses. My friend can recite, word for word, all of the sections of this book that apply to his family's class of diseases. But he can't see that these items have anything to do with his own life. For example, he may tell you that he has all of the major signs of clinical depression, and that his mother was bipolar, and that there is a category of bipolar disease whose sole diagnostic requirements are (a) that the patient is clinically

depressed and (b) that the patient has a close relative who is bipolar, and that FOR ANYONE ELSE, this definition means that they have a sub-class of bipolar disease, BUT NOT HIM. Like many people with his disease, he has done hallucinogenic drugs because he thought that being freaked out on LSD (or dead) might be better than being depressed.

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