



Living with Schizophrenia, second edition

Neel Burton

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This prize-winning book, now in its second edition, provides schizophrenia sufferers and their carers with a source of information about the illness that is accessible, reliable and comprehensive. By teaching you about the condition, *Living with Schizophrenia* aims to alleviate any feelings of fear and isolation that you may have, and provide you with a realistic sense of hope and optimism. Simple and practical advice about day-to-day management enables you to take greater control over the illness, make the most of the services that are available to you, and - ultimately - improve your chances of once again leading a healthy, productive and fulfilling life.

Schizophrenia is isolating and frightening for the people who have it and also for their families. This is a very gentle, straightforward book tackling a really difficult subject crying out for unbiased, compassionate but honest information. We particularly liked the advice on the psycho-social and legal aspects of mental health, which are often ignored. --Judges, MJA Open Book Awards

Though information on schizophrenia is freely available in the public domain, much of it is hard to find, unreliable, inconsistent, and, because of the uncontrolled nature of the internet, unnecessarily disheartening. Much of what is easily accessible is aimed at scientists and healthcare professionals rather than at schizophrenia sufferers and their carers, for whose benefit this book has been specially prepared. By leading them to a better understanding of the illness and its treatments, from medication to psychological and other therapies, and by guiding them through their day-to-day battles, it should serve as a giant first step on their journey to recovery. --Marjorie Wallace, Chief Executive, SANE

To sum up, a lot of information is contained in this concise book, which makes it a valuable reference, particularly for people confronted with a shocking diagnosis of schizophrenia for the first time. --The British Journal of Psychiatry

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