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The Truth About Mental Illness: Choices for Healing

Charles Whitfield

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The Truth About Mental Illness: Choices for Healing Charles Whitfield

An invaluable reference book from the premiere authority on, and international bestselling author of, addiction and mental health issues.

Dr. Whitfield provides clinicians, patients and their families with a most crucial guide to mental illness, including information on new treatment options. This unique approach also answers questions on the role unresolved trauma plays in mental illness.

According the National Institutes of Mental Health, one in five American adults suffers from some kind of mental disorder. The Truth About Mental Illness uncovers the myths and realities of disorders such as, post-traumatic stress, ADD, anxiety, eating disorders, drug addiction, schizophrenia and personality disorders. Whitfield offers cutting-edge research into their causes; why the real causes are often overlooked; how clinicians and patients can avoid misdiagnosis and how to prevent dangerous drug interactions. He also offers important non-medicated treatment options, which can be used alone or as an adjunct to prescription treatment.

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