

# A Mind That Found Itself

An Autobiography

CLIFFORD WHITTINGHAM BEERS



# A Mind That Found Itself An Autobiography

**CH Cherryholmes**



## **A Mind That Found Itself An Autobiography:**

**A Mind That Found Itself** Clifford Whittingham Beers, Sheba Blake, 2022-01-31 When he was twenty four years old Clifford Whittingham Beers was interred in a mental asylum He remained there for three years battling his mental illness In his autobiography **A Mind That Found Itself** he recounts the civil war that took place in his mind The publication of this book in 1908 caused huge public outcry and began an inquiry into the state of mental health care It contributed significantly to the beginnings of the modern mental health movement **A Mind That Found Itself: An Autobiography** Clifford

Whittingham Beers, 2018-11-18 **A Mind That Found Itself: a Memoir of Madness and Recovery** Clifford Whittingham Beers, 2013-08-22 In the groundbreaking book Clifford Beers tells what it was like to be institutionalized at a time when mental illness received little attention or respect **A Mind that Found Itself** is Beers own story as one of five children who all suffered psychological distress and were all confined to mental institutions at one time or another Beers who wrote the book after his own confinement gained the support of the medical profession and was a leader in the mental hygiene movement **A Mind that Found Itself** has been an inspiration to many mental health professionals in their choice of a profession It also did much to help the rest of the world see mental health issues as a serious disease **A Mind that Found Itself** is an excellent read for anyone seeking to better understand or treat mental illness **A Mind That Found Itself** Clifford Beers, 2014-08-31 At once a classic account of the ravages of mental illness and a major American autobiography **A Mind That Found Itself** tells the story of a young man who is gradually enveloped by a psychosis His well meaning family commits him to a series of mental hospitals but he is brutalized by the treatment and his moments of fleeting sanity become fewer and fewer His ultimate recovery is a triumph of the human spirit Clifford Whittingham Beers 1876 1943 was the American founder of the mental hygiene movement born in New Haven Conn grad Sheffield Scientific School Yale 1897 After the publication of this book **A Mind That Found Itself** 1908 which is an autobiographical account of his confinement in a mental institution he had the support of the medical profession and others in the work to prevent mental disorders He was a leader in the field until his retirement in 1939 This book is an amazing account of what it was like to be institutionalized at a time when mental illness received little attention or respect A groundbreaking effort towards the acceptance of mental health as a serious disease

**A Mind That Found Itself** Clifford Whittingham Beers, 2015-01-31 **A Mind That Found Itself An Autobiography** By Clifford Whittingham Beers Documents the Abuse of Mental Patients This story is derived from as human a document as ever existed and because of its uncommon nature perhaps no one thing contributes so much to its value as its authenticity It is an autobiography and more in part it is a biography for in telling the story of my life I must relate the history of another self a self which was dominant from my twenty fourth to my twenty sixth year During that period I was unlike what I had been or what I have been since The biographical part of my autobiography might be called the history of a mental civil war which I fought single handed on a battlefield that lay within the compass of my skull An Army of Unreason composed of the cunning

and treacherous thoughts of an unfair foe attacked my bewildered consciousness with cruel persistency and would have destroyed me had not a triumphant Reason finally interposed a superior strategy that saved me from my unnatural self I am not telling the story of my life just to write a book I tell it because it seems my plain duty to do so A narrow escape from death and a seemingly miraculous return to health after an apparently fatal illness are enough to make a man ask himself For what purpose was my life spared That question I have asked myself and this book is in part an answer I was born shortly after sunset about thirty years ago My ancestors natives of England settled in this country not long after the Mayflower first sailed into Plymouth Harbor And the blood of these ancestors by time and the happy union of a Northern man and a Southern woman my parents has perforce been blended into blood truly American

**A Mind that Found Itself** Colour the Classics,2024-01-09 Color your very own version of A Mind that Found Itself by Clifford Whittingham Beers Enhance a beloved classic book and create a work of art A Mind that Found Itself is a powerful memoir that sheds light on the realities of mental illness and the need for mental health reform Beers recounts his own personal experiences of living with a mental illness and his journey through various mental health institutions Through his honest and poignant storytelling Beers highlights the importance of compassion understanding and proper treatment for individuals struggling with mental health issues This book not only serves as a testament to Beers own resilience and strength but also as a catalyst for change in the way society perceives and supports those with mental illness It is a compelling read that offers insight empathy and hope for a better future As a part of art therapy it has become widely recognized that coloring is an effective way to find inner balance and escape from hectic everyday life Find your inner peace and balance while coloring beautiful complex shapes Create an original design of one of your favorite classics Key Features Beautiful mushroom underground designs to color or paint on the first page of each chapter Front and back covers can be colored with multi surface paint pens and or markers Coloring supports relaxation and stress reduction and resembles soothing meditation Designed to bring some sunshine to your life and to help you affect positive change A nice sized format 6 x 9 to carry color and read Interested Then look inside the book and convince yourself of our unique concept Multi surface paint pens and or markers are recommended for coloring the cover matte material You can use watercolor paint or color pencils for coloring the interior pages As part of our mission to publish great works of literary fiction and nonfiction Colour the Classics Publishing Corp is extremely dedicated to bringing to the forefront the amazing works of long dead and truly talented authors

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war which I fought single handed on a battlefield that lay within the compass of my skull An Army of Unreason composed of the cunning and treacherous thoughts of an unfair foe attacked my bewildered consciousness with cruel persistency and would have destroyed me had not a triumphant Reason finally interposed a superior strategy that saved me from my unnatural self

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