

A MIND THAT FOUND ITSELF An Autobiography



Clifford Whittingham Beers

A Mind That Found Itself An Autobiography The Abuse Of Mental Patients

Clifford Beers



A Mind That Found Itself An Autobiography The Abuse Of Mental Patients:

A Mind that Found itself Clifford Whittingham Beers, 2019-09-25 Reproduction of the original A Mind that Found itself by Clifford Whittingham Beers *A Mind that Found Itself* Clifford Whittingham Beers, 1923 The publication of this work resulted in a public outcry in the 1900 s that began an inquiry into the state of U S mental health care and psychiatric services It contributed significantly to the mental hygiene movement and to establish the National Committee for Mental Hygiene **A Mind That Found Itself** Clifford Whittingham Beers, 2023-06-06 In 1905 after suffering a relapse and spending a few months at The Hartford Retreat Clifford Whittingham Beers elected to write a book about his experiences living with mental illness and being subject to cruel treatment and physical abuse while being institutionalized Titled A Mind That Found Itself the 1908 autobiography told the story of a young man who had suffered a life full of personal tragedy leading to feelings of intense anxiety paranoia and depression Slowly being engulfed by intrusive thoughts and hallucinations Beers found himself struggling with suicidal ideation and committment by his well intentioned family to a series of mental health institutions each one seemingly worse than the last Unique in its presentation of both self awareness and the difficult reality of working towards recovery the book paved the way for the American mental hygiene movement and removed the stigma of mental illness among the general public *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: 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: An Autobiography* Clifford Whittingham Beers, 2019-11-19 In *A Mind That Found Itself An Autobiography* Clifford Whittingham Beers presents a poignant and groundbreaking narrative reflecting his tumultuous journey through mental illness and the inhumane conditions of early 20th century psychiatric institutions With a direct and candid literary style Beers employs lyrical prose interspersed with stark realism to vividly recount his harrowing experiences shedding light on the stigmatization of mental health issues and the urgent need for reform As a seminal work in the canon of autobiographical literature it offers a critical examination of both personal and societal perceptions of mental illness during an era marked by misunderstanding and fear Beers an American mental health advocate and social reformer penned this autobiographical account following his own struggle with severe depression and subsequent institutionalization His educational background in sociology and firsthand encounters with institutional neglect fueled his passion for advocating mental health reform Beers s experience illuminates the broader context of the era s limited understanding of psychiatric conditions and his personal insights underscore the urgent reformative dialogue he sought to promote throughout his life This compelling autobiography is a must read for those interested in psychology social reform or autobiographical writing Beers s eloquent narrative not only provides a unique glimpse into the mind of an individual confronting mental illness but also serves as a clarion call for empathy understanding and the dismantling of stigmas surrounding mental health In this enriched edition we have carefully created added value for your reading experience A succinct Introduction situates the work s timeless appeal and themes The

Synopsis outlines the central plot highlighting key developments without spoiling critical twists A detailed Historical Context immerses you in the era s events and influences that shaped the writing A thorough Analysis dissects symbols motifs and character arcs to unearth underlying meanings Reflection questions prompt you to engage personally with the work s messages connecting them to modern life Hand picked Memorable Quotes shine a spotlight on moments of literary brilliance Interactive footnotes clarify unusual references historical allusions and archaic phrases for an effortless more informed read

A Mind that Found Itself Clifford Whittingham Beers,1907 *A Mind That Found Itself* Clifford Whittingham Beers,2009-10-01 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 **The Encyclopedia of Schizophrenia and Other Psychotic Disorders** Richard Noll,2009 Deals with the subject of Schizophrenia and Other Psychotic Disorders With more than 600 entries this work features a foreword and an introduction and references and appendixes Its coverage includes the history treatment diagnosis and medical research and theories regarding this class of mental illness

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