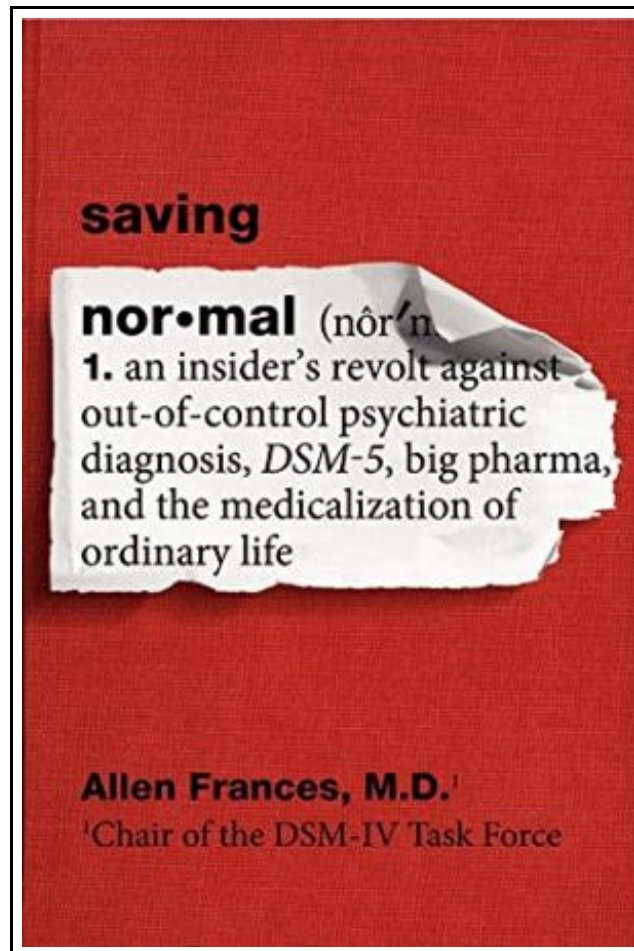


Saving Normal: An Insiders Revolt Against Out-Of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life



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(Antonia Lindgren II)*

SAVING NORMAL: AN INSIDERS REVOLT AGAINST OUT-OF-CONTROL PSYCHIATRIC DIAGNOSIS, DSM-5, BIG PHARMA, AND THE MEDICALIZATION OF ORDINARY LIFE



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William Morrow & Company. Hardcover. Book Condition: New. Hardcover. 336 pages. Dimensions: 8.9in. x 6.3in. x 1.4in. From the most powerful psychiatrist in America (New York Times) and the man who wrote the book on mental illness (Wired), a deeply fascinating and urgently important critique of the widespread medicalization of normality. Anyone living a full, rich life experiences ups and downs, stresses, disappointments, sorrows, and setbacks. These challenges are a normal part of being human, and they should not be treated as psychiatric disease. However, today millions of people who are really no more than worried well are being diagnosed as having a mental disorder and are receiving unnecessary treatment. In *Saving Normal*, Allen Frances, one of the worlds most influential psychiatrists, warns that mislabeling everyday problems as mental illness has shocking implications for individuals and society: stigmatizing a healthy person as mentally ill leads to unnecessary, harmful medications, the narrowing of horizons, misallocation of medical resources, and draining of the budgets of families and the nation. We also shift responsibility for our mental well-being away from our own naturally resilient and self-healing brains, which have kept us sane for hundreds of thousands of years, and into the hands of Big Pharma, who are reaping multi-billion-dollar profits. Frances cautions that the new edition of the bible of psychiatry, the Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5), will turn our current diagnostic inflation into hyperinflation by converting millions of normal people into mental patients. Alarming, in DSM-5, normal grief will become Major Depressive Disorder; the forgetting seen in old age is Mild Neurocognitive Disorder; temper tantrums are Disruptive Mood Dysregulation Disorder; worrying about a medical illness is Somatic Symptom Disorder; gluttony is Binge Eating Disorder; and most of us will qualify for adult Attention Deficit Disorder. Whats more, all of these...

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