



## Surviving Schizophrenia

[Surviving Schizophrenia : A Manual for Families, Patients, and Providers \(5th Edition\) by E. Fuller Torrey \(Author\), Publisher: Quill; 5th edition \(April 1, 2006\) ISBN: 0060842598](#)

Dr. E. Fuller Torrey's book "Surviving Schizophrenia" is an book we highly recommend for every family affected by schizophrenia. Torrey is the Executive Director of the Stanley Medical Research Institute, as well as the author or editor of eighteen books. He is also a clinical and research psychiatrist who specializes in bipolar disorder and schizophrenia. Dr. Torrey is a leader in the schizophrenia research field, and has a sister with schizophrenia, so in writing this book he has drawn from extensive personal, clinical and research experience.

Schizophrenia is viewed as a four-letter word, something that shouldn't be discussed in polite society or around the dinner table. It is a word feared by those who are told they have it. It is regarded with disdain by almost everybody who hears it. Surviving Schizophrenia, written by Dr. E. Fuller Torrey, is a well-written survival guide for those who are family members, or know someone who has with schizophrenia.

While well written and informative, "Surviving Schizophrenia" can be overwhelming and frightening. Torrey does a good job of giving statistical information in the first chapter, informing the reader about things such as: how many individuals are thought to have schizophrenia, where they are, and how the medical community is treating these people. Although the statistics are interesting, they are very alarming to the layperson having to deal with the thought of schizophrenia for the first time.

Torrey uses easy to understand language and delves into the mind of the person with schizophrenia, effectively explaining schizophrenia to the layperson. In his last chapter, Torrey gives a comprehensive list of books and associations where help is available. Surviving Schizophrenia, while frightening at times, is nevertheless a great source of information for the family having to deal with this illness.

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