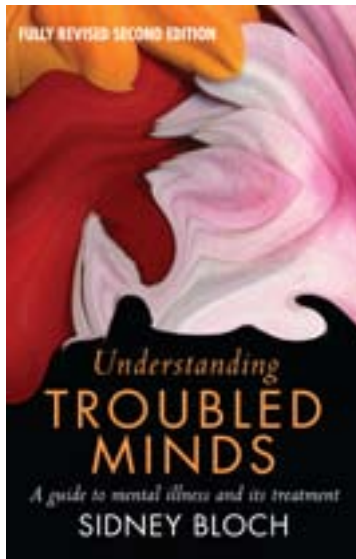


MEDIA RELEASE

Books With Spine – the best in politics, current affairs
and biography



UNDERSTANDING TROUBLED MINDS A Guide to Mental Illness and Its Treatment

FULLY REVISED SECOND EDITION

by Sidney Bloch

'A clear and invaluable account of mental illness in all its manifestations ... Understanding Troubled Minds reveals a warm appreciation of the vagaries of human nature'.

Anne Deveson, author of Tell Me I'm Here.

Many of us take our mental health for granted. But when confronted by mental illness in family members, friends or ourselves, even the most competent can become overwhelmed.

Understanding Troubled Minds guides us calmly and authoritatively through the full range of mental illnesses and their treatment, and includes chapters dealing specifically with mental illnesses afflicting women, children and the elderly. It stresses the value of partnerships between psychiatrists, patients and their families.

Sidney Bloch, an eminent academic psychiatrist of many years' clinical experience, highlights the place of hope and optimism, pointing to the great strides being made in the understanding and treatment of mental illness. Acknowledging the complexity of human nature, Professor Bloch weaves stories of real people and the insights of many writers and artists throughout the text.

Balanced, humanistic and thoroughly readable, this fully revised edition of *Understanding Troubled Minds* serves as a practical guide to mental illness and its treatment.

Sidney Bloch is Emeritus Professor in the Department of Psychiatry and the Centre for Health and Society at the University of Melbourne and Honorary Psychiatrist at St Vincent's Hospital. He was Associate Editor of the *British Journal of Psychiatry* for a decade and Chief Editor of the *Australian and New Zealand Journal of Psychiatry* for thirteen years. His thirteen books, many of which have been translated, deal with the psychotherapies and medical ethics.

MUP RRP \$39.99

PUBLICATION/EMBARGO DATE
01 June 2011

Sidney Bloch will be available for
interviews throughout June.

For more information please
contact **Olivia Blake** at MUP
on 03 9342 0322 or 0406 998 030,
or email oblake@unimelb.edu.au

MELBOURNE · UNIVERSITY · PUBLISHING

MUP 187 Grattan Street Carlton 3053 Australia · +613 9342 0300 · mup-info@unimelb.edu.au · www.mup.com.au