



A  
MIND  
THAT  
FOUND  
ITSELF

CLIFFORD WHITTINGHAM BEERS

# Mind That Found Itself

**Colour the Classics**

## **Mind That Found Itself:**

A Mind That Found Itself Clifford Whittingham Beers,2022-10-12 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 As part of our mission to publish great works of literary Fiction and nonFiction Sheba Blake Publishing Corp is extremely dedicated to bringing to the forefront the amazing works of long dead and truly talented authors

*A Mind that Found Itself* Clifford Beers,2017-11-22 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** 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** 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 commitment 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* 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

*A Mind That Found Itself* Clifford Whittingham Beers,2020-03-10 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     **A Mind That Found Itself an Autobiography** Clifford Whittingham Beers,2018-08-06 A Mind That Found Itself An Autobiography by Clifford Whittingham Beers 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 We are delighted to publish this classic book as part of our extensive Classic Library collection Many of the books in our collection have been out of print for decades and therefore have not been accessible to the general public The aim of our publishing program is to facilitate rapid access to this vast reservoir of literature and our view is that this is a significant literary work which deserves to be brought back into print after many decades The contents of the vast majority of titles in the Classic Library have been scanned from the original works To ensure a high quality product each title has been meticulously hand curated by our staff Our philosophy has been guided by a desire to provide the reader with a book that is as close as possible to ownership of the original work We hope that you will enjoy this wonderful classic work and that for you it becomes an enriching experience     **A Mind that Found Itself; an Autobiography, by Clifford Whittingham Beers** Clifford Whittingham Beers,     **A Mind That Found Itself** Clifford Whittingham,2017-07 In 1900 after suffering a mental breakdown Clifford Whittingham Beers was confined to an asylum for three years After his recovery he wrote this biography which aroused a storm of protest and public concern about care of people with mental illness In the eyes of many the modern mental health movement can be traced to this publication     **A Mind That Found Itself** Clifford W.

Beers,2014-08-15 With a Preface by Robert Coles 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 The publication of A Mind That Found Itself did for the American mental health movement what Thomas Paineis Common Sense did for the American Revolution Moreover it grips the imagination of readers not because it is a document of social reform but because it is a superb narrative As the distinguished psychiatrist and writer Robert Coles has noted the book provides the virtues of clinical analysis as well as personal reminiscence all rendered with a novelistis eye for the particular for emotional nuance for

chronological progression Steadily forthrightly we come in touch with the nature of delusions and hallucinations the complex symbolically charged nightmarish world of fear suspicion irritability and truculence Recovered from his illness Beers began a lifelong crusade through the National Committee for Mental Hygiene and the American Foundation for Mental Hygiene to revolutionize the care and treatment of the mentally ill The persuasive chronicler of mental illness became a sophisticated pragmatic organizer and reformer *A Mind That Found Itself* was first published in 1908 but remains compelling and clinically accurate an unforgettable reading experience *A Mind That Found Itself: An Autobiography* Clifford Whittingham

Beers,2022-05-28 In *A Mind That Found Itself An Autobiography* Clifford Whittingham Beers presents a groundbreaking exploration of mental illness and its impact on personal identity Written in a candid and reflective style the narrative details Beers own experiences with mental health issues highlighting the struggles of living in a society that often misunderstood and stigmatized such conditions This autobiographical work serves as both a poignant personal account and a critical commentary on early 20th century mental health treatment encapsulating the tensions between medical authority and the individual's voice Beers articulate prose weaves together psychological insight and social critique making it an essential text within the genre of mental health literature Clifford Beers was deeply influenced by his own harrowing experiences in mental institutions which compelled him to advocate for mental health reform His time spent as a patient exposed him to the devastating realities of institutional care and inspired his commitment to improving conditions for others A pioneer in mental health advocacy Beers not only highlighted the necessity of humane treatment but also called for a greater societal understanding of mental illness laying the foundation for future developments in psychiatric care This essential read is recommended for anyone interested in the history of mental health the dynamics of personal struggle and the advocacy for reform Beers unwavering honesty and insightful critique make *A Mind That Found Itself* a seminal work that continues to resonate guiding readers toward a more empathetic understanding of mental illness 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,2019-09-25 Reproduction of the original *A Mind that Found Itself* by Clifford Whittingham Beers **A Mind That Found Itself** Clifford W. Beers,2017-01-13 Clifford W Beers was the founder of the American mental hygiene movement Beers struggled with depression and paranoia for much of his life as he was first confined to a mental institution at the age of 24 Beers gained fame by writing *A Mind That Found*

Itself an autobiography published in 1908 on the abuse he suffered while in the mental institution This book proved to be instrumental in reforming how the mentally ill were treated [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: 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 **MIND THAT FOUND ITSELF** CLIFFORD WHITTINGHAM. BEERS,2018

*A Mind That Found Itself* Clifford Whittingham Beers, 2017-09-17 Excerpt from *A Mind That Found Itself* An Autobiography You speak of te writing Don t you do it You can hardly improve your book I shall keep the ms A week longer as I wish to impart it to a friend About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works     *A Mind that Found Itself. An Autobiography* ,1923

**Understanding Psychosis** Donald Capps, 2010-11-16 When a loved one is struck with psychosis people often misunderstand what is happening and why They may feel helpless or confused or frightened not knowing what to do with or for the sufferer or how to handle the situation themselves This book takes a look at psychosis and how it has been handled over the last century or so Beginning with a definition of psychosis and moving to a consideration of how people who suffer from it were once institutionalized and are now expected to be cared for at home the author traces the challenges families and communities face considers the plight of sufferers and what they experience and offers case examples throughout to illustrate the onset of psychosis the infringement it makes on personal and professional life and the toll it takes on sufferers and caregivers alike Capps covers the magnitude of the problem the treatment of sufferers the warning signs facts and realities of recovery treatments prevention and coping strategies for family members and caregivers Readers will come away from this work with a better understanding of psychosis in the context in which it occurs and what to do for themselves and their loved one as they navigate daily life the mental health system and family dynamics     *A Mind That Found Itself* Clifford Whittingham Beers, 2014-02 This is a reproduction of a book published before 1923 This book may have occasional imperfections such as missing or blurred pages poor pictures errant marks etc that were either part of the original artifact or were introduced by the scanning process We believe this work is culturally important and despite the imperfections have elected to bring it back into print as part of our continuing commitment to the preservation of printed works worldwide We appreciate your understanding of the imperfections in the preservation process and hope you enjoy this valuable book

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