



A Mind That Found Itself

Clifford Beers

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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.

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