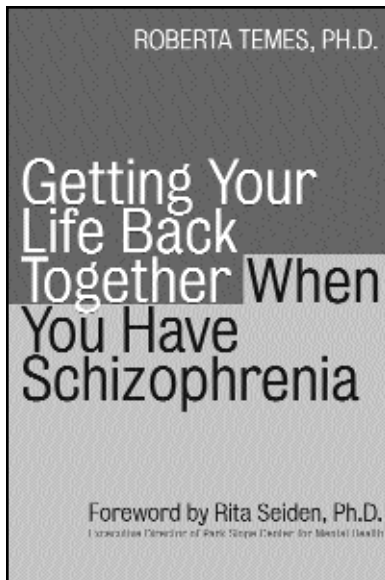


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5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .



Getting Your Life Back Together When You Have Schizophrenia

By Roberta Temes, Ph.D.

Foreword by Rita Seiden, Ph.D.,
Executive Director of Park Slope Center
for Mental Health

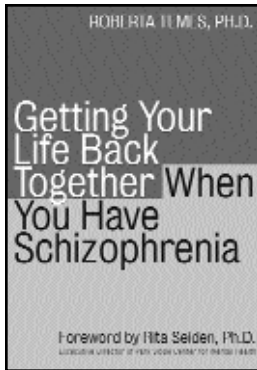
**Schizophrenia is no longer a sentence of hopelessness.
This guide will show you how to take charge of your illness, use all
the resources available for your treatment, and get your life back
to where you want it to be.**

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

GETTING YOUR LIFE BACK TOGETHER WHEN YOU HAVE SCHIZOPHRENIA
ITEM GYLB ISBN 1-57224-273-6, (PAPER), \$14.95, 172 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
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“Dr. Temes correctly treats schizophrenia as an organic illness, not as a characterological disorder. Her thoughtful and respectful treatment of this illness brings hope to the victims of schizophrenia and their families.”

—Dr. Paul Greengard, 2000 Nobel Prize in Medicine,
Rockefeller University, Neurobiologist, Laboratory of Cellular
and Molecular Neuroscience

Great strides have been made since the time when schizophrenia was considered a sentence of hopelessness for the patient. With the advances in medicine and psychology, people with schizophrenia now can be empowered to take responsibility for managing their care and live a fuller life.

Written directly to the person who has schizophrenia, *Getting Your Life Back Together When You Have Schizophrenia* addresses the basics, such as the symptoms of this illness, its possible causes, what to expect, and what treatment options are available. In addition, the author examines society's misconceptions about schizophrenia and shows how to combat the discrimination that they can engender.

The unique aspect of this book is that it introduces the "collaborative cure." This relies on a group of professionals and people close to the person with schizophrenia who provide support as a team to help the schizophrenic return to a state of good mental health. The book discusses the importance of taking medication, while also providing the latest in self-help.

The author explains the history of schizophrenia and includes patient stories that illustrate the nature of the disease and how to work with it. In a reassuring tone and a concise manner, Dr. Temes relays the message that schizophrenia is a condition that is genetic, not "mental," is not shameful, and definitely not untreatable.

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Suggested Interview Questions for

Getting Your Life Back Together When You Have Schizophrenia

1. What are some misconceptions about schizophrenia?
2. You've just described what schizophrenia isn't, what about what it is? What are some key symptoms?
3. No one is exactly sure what causes schizophrenia, but what are some of the leading theories about its root causes and what were some of the historical explanations for it?
4. What medications are popularly prescribed and how important is it to find the right medication or combination of medications?
5. Your self-help strategies are based on something you call the "collaborative cure." What is this and how can it help those suffering from schizophrenia live full and successful lives?
6. Let's take a hypothetical person who is suffering from schizophrenia and is trying to form friendships. What basic steps would you suggest and what should this person think about when deciding whether or not to share his or her diagnosis with a friend?
7. How can role models help schizophrenics to live successful lives and what are some qualities to look for in a role model?
8. How can sufferers of schizophrenia combat prejudice and discrimination?
9. You devote two chapters of *Getting Your Life Back Together When You Have Schizophrenia* to the families of schizophrenics. What are some essential facts that they should know about their loved ones' illness?
10. What are some things families can do to best help their loved ones who are suffering with schizophrenia?

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About the Author of

Getting Your Life Back Together When You Have Schizophrenia



Roberta Temes, Ph.D., has been in private practice for more than three decades, helping newly diagnosed patients, including those who have schizophrenia and their families, understand their illness and explore all options. Dr. Temes is Clinical Assistant Professor, Department of Psychiatry, State University of New York Health Science Center, a member of the American Psychological Association, and a member of the Society for Clinical and Experimental Hypnosis. Her previous books include *Living with an Empty Chair*, *Medical Hypnosis*, *The Complete Idiot's Guide to Hypnosis*, and *The Empty Place*.

What's been said about . . .

Getting Your Life Back Together When You Have Schizophrenia

"This book is an excellent, easy-to-read guide for persons with schizophrenia. I highly recommend it to consumers who want to learn to manage their illness and get on with their lives."

—**Kim T. Mueser, Ph.D.**, Professor of Psychiatry, Dartmouth Medical School,
and coauthor, *Coping with Schizophrenia*

"Dr Temes's book speaks directly to those who suffer from schizophrenia, and explains with great clarity what schizophrenia is. This will help break through the fear and confusion that cloud the moment when the diagnosis is made. Temes instills confidence that life, even a good life, can be possible still. Her concept of the collaborative cure will no doubt become a standard of what treatment should be. This book deserves a wide distribution."

—**Wilfred Noel Raby, Ph.D., M.D.**, Psychiatrist, New York State Psychiatric
Institute, Columbia University, New York

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