

N E W S R E L E A S E

November 1, 1988

SHRINK RESISTANT

A press conference to launch the book Shrink Resistant: The Struggle Against Psychiatry in Canada (New Star Books, 1988) will be held on Monday, November 7, 1:00, in the Media Room of the Main Parliament Building at Queen's Park in Toronto. Co-editors Bonnie Burstow and Don Weitz and contributing writers, including lawyer Carla McKague and David Reville, MPP (Ontario NDP health critic), will talk about the book and answer questions. Complimentary copies of the publisher's news release will be available.

Shrink Resistant is a very disturbing and powerful anthology produced by Canadians labeled "mentally ill." The 39 contributing writers and poets are survivors of Canada's "mental health system." With great courage and honesty, they give the reader a frightening look into our "mental hospitals" over a 25-year period in seven provinces through their personal stories, diary excerpts, poems, illustrations and invaluable antipsychiatry resource material.

These personal and painful writings break through the public indifference and silence and challenge our myths about "mental illness", "the dangerous mental patient" and the so-called "effectiveness" of psychiatric treatment. Both the writers and editors challenge the reader to accept some painful truths and to speak out against psychiatric violence and tyranny.

cont'd...

Editors Bonnie Burstow and Don Weitz are active in the psychiatric inmates' liberation movement. Dr. Burstow is assistant professor of social work at Carleton University in Ottawa, a prison abolitionist and former chairperson of the Ontario Coalition to Stop Electroshock. Mr. Weitz is a psychiatric survivor, free lance writer, co-founder of the Coalition and Phoenix Rising (the only antipsychiatry magazine in Canada), and a strong advocate of inmates' rights.

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...an important piece of work that will stand as a lasting contribution in the struggle against psychiatric tyranny and violence. (letter to editors, 29/9/88)

--Thomas S. Szasz, M.D.
Professor of Psychiatry
State University of New York(Syracuse)
Author of The Myth of Mental Illness,
Insanity: The Idea and Its Consequences,
and many other critically acclaimed
books and articles.

Poignant, personal accounts, dramatic graphics and useful information make this book more worthwhile than all eleven volumes of The American Handbook of Psychiatry. That's because it was written by those who have endured institutional psychiatry, including drugs and shock, rather than by those who have perpetrated it.

--Peter R. Breggin, M.D.
Director, Center for the Study of Psychiatry,
Bethesda, MD
Author of Electroshock: Its Brain-Disabling Effects, and Psychiatric Drugs: Hazards to the Brain.

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Please contact: Dr. Bonnie Burstow, 416-538-7103(h)/613-564-3677(w)
Don Weitz, 416-461-7909(h)/416-465-3883(w)

NEWS RELEASE

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These personal and painful writings breakthrough the public indifference and silence and challenge our myths about "mental illness", "effectiveness" of psychiatric treatment. Both the writers "the dangerous mental patient" and the Editors challenge the reader to accept some painful truths and to speak out against psychiatric violence and tyranny.

Editors Bonnie Burstow and Don Weitz are active in the psychiatric inmates' liberation movement. Dr. Burstow is assistant professor of social work at Carleton University in Ottawa, prison abolitionist, and former chairperson of the Ontario Coalition to Stop Electroshock. Mr. Weitz is a psychiatric survivor, freelance, writer, co-founder of the Coalition and Phoenix Rising (the only antipsychiatry magazine in Canada), and a strong advocate of inmates' rights.

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