



A Branded Imprint of  WILEY

# News

## **For Immediate Release**

To interview one or both authors, please contact Adrienne Fontaine at 201-748-5626 or [afontain@wiley.com](mailto:afontain@wiley.com).

### ***Schizophrenia For Dummies*<sup>®</sup> Offers Advice and Tools to Empower Mental Health Consumers and their Families**

(Hoboken, NJ) October 15, 2008 – Schizophrenia affects an estimated 2.5 million Americans and some 1% of the world’s population. It is twice as common as Alzheimer’s disease or HIV/AIDS, yet few people understand this no-fault brain disorder until it hits home, affecting a family member, close friend, neighbor, or colleague. Because of the pervasive stigma, misinformation, and myths associated with schizophrenia, on average, it takes more than eight years between the time symptoms first appear and when a person is finally diagnosed and treated.

***Schizophrenia For Dummies*<sup>®</sup> (Wiley, October 2008, ISBN: 978-0-470-25927-6)** is part of the trusted yellow-and-black reference series that provides practical help in plain-English and an accessible format. The series covers a wide range of topics, including medical disorders and other health issues. Based on the latest research findings and clinical practice guidelines, ***Schizophrenia For Dummies*** provides solid advice to patients and their families on recognizing the first signs of the disorder; getting an accurate diagnosis; selecting a team of health care professionals; understanding medications, psychosocial, cognitive and psychoeducational treatments; handling psychiatric emergencies; navigating the fragmented system of community-based treatments and services; and helping people with schizophrenia and their families find hope, help, and support.

A diagnosis of schizophrenia is always frightening, but no longer does it mean that the future is bleak or hopeless. With the development of new treatments, new technologies, and changed social policies and attitudes towards people with mental disorders, most people with schizophrenia are now able to live symptom-free or learn to manage their symptoms. With appropriate and timely treatment, the ultimate goal of recovery is to help people get back to work or school, to enjoy friends and family, to have rewarding leisure time pursuits, and to lead a life well-lived.

***Schizophrenia for Dummies*** is a ground-breaking book that will improve public awareness, expand mental health literacy, and reduce the stigma and discrimination that stand in the way of helping people with schizophrenia lead the full lives they deserve.

Ken Duckworth, MD, Medical Director of the National Alliance on Mental Illness (the nation’s largest grassroots mental health advocacy organization) has endorsed the book, stating: “Mental illnesses affect the entire family. This book is written for families and friends of anyone who lives with schizophrenia, a disease that is too often misunderstood. It is easily-read and provides an informative roadmap that can help everyone to orient themselves and navigate uncertain terrain- as part of a journey toward recovery.”

-over



111 River Street • Hoboken, NJ 07030-5774

Irene S. Levine, PhD, coauthor and a clinical psychologist, says, “We hope that this book gives families and friends the tools and information that might otherwise take them years to acquire. Family advocacy, both individually and collectively, is a vital component to full recovery.”

Jerome Levine, MD, research psychiatrist and professor of psychiatry at the New York University School of Medicine, says, “Psychiatric research is paving the way for more targeted and personalized treatments, and the recent passage of federal mental health parity legislation promises better access to appropriate treatment. The future for people with schizophrenia and their families has never been more hopeful.

Like all *For Dummies*<sup>®</sup> books, *Schizophrenia For Dummies* concludes with “The Part of Tens,” which includes myths about the disease and ways to avoid a relapse. A helpful “Cheat Sheet” in the front of the book includes tips for remembering to take medication, a list of items to have on hand in the event of a crisis, and questions to ask a new psychiatrist.

### **About the Authors**

**Jerome Levine, MD** is a board-certified psychiatrist. As chief of psychopharmacology at the National Institute of Mental Health (NIMH) for more than 20 years, he helped design and oversee much of the federally-funded research that serves as the foundation for modern psychopharmacology. He is Deputy Director of the Nathan Kline Institute for Psychiatric Research in Orangeburg, New York and is a Professor of Psychiatry at the New York University School of Medicine.

**Irene S. Levine, PhD** is trained as a clinical psychologist. She was the principal architect and director of the NIMH Program for the Homeless Mentally Ill and served as the first Deputy Director of The U.S. Center for Mental Health Services. A Professor of Psychiatry at the New York University School of Medicine, she is also an award-winning freelance journalist and author.

**Schizophrenia For Dummies<sup>®</sup>**  
**By Jerome Levine, MD and Irene S. Levine, PhD**  
**ISBN: 978-0-470-25927-6**  
**\$19.99 U.S. / October 2008**

For more health information in plain-English, check out:

*Alzheimer’s For Dummies<sup>®</sup>* ISBN: 978-0-7645-3899-5

*AD/HD For Dummies<sup>®</sup>* ISBN: 978-0-7645-3712-7

*Understanding Autism For Dummies<sup>®</sup>* ISBN: 978-0-7645-2547-6

**To see all *For Dummies* titles, visit [www.dummies.com](http://www.dummies.com)!**

### **About For Dummies<sup>®</sup>**

With near universal name recognition, more than 200 million copies printed, and over 1000 topics, For Dummies is the world’s bestselling reference series. With loyal customers around the globe, For Dummies enriches people’s lives by making knowledge accessible in a fun and easy way. Described by the *New York Times* as “more than a publishing phenomenon, but a sign of the times,” For Dummies span every section of the bookstore, covering everything from health to history, music to math, sports to self-help, technology to travel, and more. The For Dummies brand has expanded into new products and categories with an extensive licensed product line, including fitness and hobby DVDs, grilling kits, business software, cleaning products, automotive kits, craft kits, and apparel. For more information, visit [Dummies.com](http://Dummies.com). For Dummies is a branded imprint of Wiley.