BIBLIOMANIA

Excerpts from the expanded anti-psychiatry bibliography, printed by the A.L.M.P. The complete 15-page bibliography may be ordered by sending us $1.50. Commentaries by Jenny unless otherwise noted.

Arnold, William, Shadowland, McGraw Hill, 1978
Arnold, an investigative reporter, set out to find out how such a strikingly talented woman as Frances Farmer (a film star in the 30's) could suddenly "go insane". It is not only an excellent biography of a strong, outspoken, and politically conscious woman, but it is a scathing indictment against the power of organized psychiatry. (by Deedee)

Chamberlin, Judi, On our Own: Patient-Controlled Alternatives to the Mental Health System, McGraw Hill, NY 1978
A personal account of the "career" of a psychiatric inmate, and her struggle to come to grips with the oppression resulting from her search for self-understanding. Much of the rest of the book is given over to practical discussions of how groups of ex-inmates and/or non-professionals have set up centers to support people going through crises. A fine introduction to the philosophy and practice of the mental patients liberation movement. (by John)

Frame, Janet, Faces in the Water, Avon
One of the few books written by an ex-inmate before the anti-psychiatry movement that does not place the blame on the inmates for their misery. The nightmarish reality of mental hospitals is powerfully recreated.

Gotkin, Janet and Paul, Too Much Anger, Too Many Tears: A Personal Triumph Over Psychiatry, Quadrangle
Written by an ex-inmate active in the mental patients' liberation movement and her husband, this book brilliantly attacks the concept of mental illness, showing it to be a way of denying people the basic right to their feelings. It exposes psychiatry as a big business and a prison system which largely depends on people's faith for the perpetuation of its lies and brutality. (Thuna)

Frank, Leonard, Roy, Ed., The History of Shock Treatment, published by the author, 1978. (May be ordered by sending $7 to Leonard Frank, 2300 Webster, San Francisco, CA 94115).
Attractively designed compilation of articles about a subject that has been almost totally ignored by the lay press. Invaluable to all those interested in the nature of psychiatric torture.

Milford, Nancy, Zelda, Avon, 1970
The biography of the legendary Zelda Fitzgerald who was railroaded into a psychiatric institution by her husband F. Scott Fitzgerald (who passed off much of her writing as his own) and by a sexist society. Texts of letters showing the conspiracy between Scott and her psychiatrists to lie to Zelda and convince her she had no talent either as a writer or as a dancer. Unfortunately the author accepts many of the psychiatric pronouncements about Zelda but it is easy to read between the lines.

Plath, Sylvia, The Bell Jar, Bantam, 1972
A fictionalized account of the events leading up to and including Plath's suicide attempt and incarceration, which form an eerie counterpoint to her "success" as an Ivy League student, writer, and guest editor for a women's fashion magazine. Although there is much in this book and elsewhere in her writings to indicate her hatred of electro-shock (including a poem written shortly before her real-life suicide), this book ends ambiguously with her "cure" by a kindly woman shock doctor, who hugs her before administering shock.
Johnny Panic and the Bible of Dreams, Harper & Row, 1978
The title story of this posthumously-published collection is a surrealistic version of Plath's experience as a worker in a psychiatric institution, culminating in a terrifying confrontation with electro-shock.

Steir, Charles, Ed., Blue Jolts: True Stories from the Cuckoo's Nest, New Republic Books, 1978
Some of the articles in this collection are powerful - such as Walkerstein's description of an ice-pick lobotomy, Perruci's report of a staff interview where the inmate is labelled paranoid for thinking that her treatment (psychosurgery and shock) constitutes torture, Cotter's smug account of how he starved and electroshocked Vietnamese inmates to force them to work. However, much of the book seems bogged down in trying to make anti-psychiatry respectable, to the point where the perspective merges into a pro-psychiatry one. It does give interesting sidelights into the incarceration of such notables as Hemingway, Artaud, Ezra Pound, Tennessee Williams, and Gov. Earl Long.