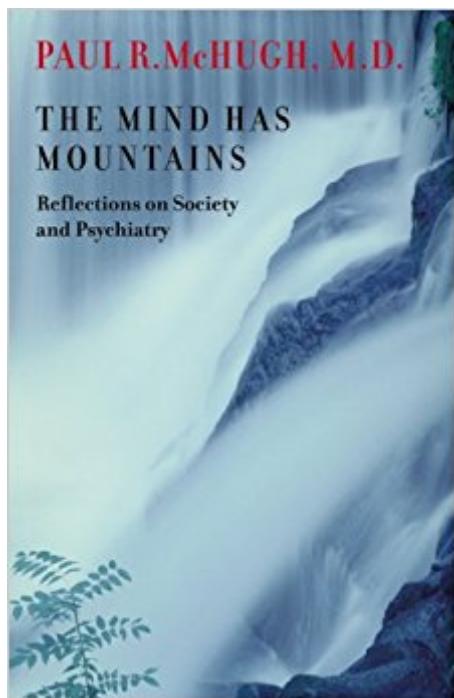


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# The Mind Has Mountains: Reflections On Society And Psychiatry



## Synopsis

From strenuous opposition to physician-assisted suicide to a conviction that sex-correction surgery for newborns is cruel and misguided, Dr. Paul R. McHugh's opinions are strong and often controversial. In this collection of essays, McHugh demonstrates why he is one of the most thought-provoking figures in the academic world. These pieces argue for a realistic appraisal of just what psychiatrists know and how they know it, with the aim of indicating how such knowledge can best be used not only for better patient care but also to reflect on and influence public issues and social movements. His essays will stimulate professional and popular discussion about the goals and effectiveness of current psychiatric practice. McHugh sorts through the layers of what he terms the "culturally driven misdirection of psychiatry and psychotherapy" to explain concepts often misunderstood by nonscholars and the intellectual community alike. America's leading psychiatrist may inspire you or offend you, but he will certainly make you think.

## Book Information

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## Customer Reviews

"Wise words from a wise man." (Naomi Schaefer Riley Wall Street Journal) "Paul McHugh is such a wonderful writer, and so brilliant a theorist, that reading him is at once an aesthetic delight and a gripping intellectual adventure. The pleasure provided by these essays—which are enriched and enlivened by fascinating stories drawn from decades of clinical experience—is heightened by the brilliant light they cast on the true nature of psychiatry and on those mountains of the mind that Dr. McHugh never stops struggling to fathom and to climb." (Norman Podhoretz, Editor-at-Large,

Commentary)"Paul McHugh of Johns Hopkins is the man who rescued modern psychiatry from a coven of flaming nut cases with medical degrees who actually believed in such lunatic notions as 'recovered memory,' 'sexual reassignment,' 'multiple personality disorder,' 'physician-assisted suicide,' 'Vietnam-specific post traumatic stress syndrome' and destroyed innumerable lives as long as they held sway. Dr. McHugh describes his battle against them and in the process gives us a realistic picture and philosophy of the human condition." (Tom Wolfe, author of Bonfire of the Vanities and The Right Stuff)"Paul McHugh has one of the finest minds, and sharpest tongues, in American psychiatry. He has collected some of the most foolish and misguided claims of his colleagues and examined them with crisp logic, common sense, clinical expertise, and scientific sophistication. I have never had so much fun while being educated, or so much education while having fun." (Robert Michels, M.D., Cornell University Medical College)"Paul McHugh is one of the best and most original writers in psychiatry or psychology. He is iconoclastic, idealistic, deeply informed, and is one of the most important influences on generations of psychiatric researchers and clinicians. The Mind Has Mountains is the essence of McHugh's ideas. No one will agree with everything he writesâ•I don'tâ•but no one who reads this book will remain unaffected by the clarity and importance of his thinking. He is a teacher of the first rank." (Kay Redfield Jamison, Ph.D., Johns Hopkins School of Medicine, and author of An Unquiet Mind)"McHugh writes clearly in a straightforward manner that laymen will find gratifying... thought provoking and entertaining." (John Lewis Baltimore Magazine)"Paul McHugh... enjoys a little bit of controversy. He likes to poke and prod at some of the shibboleths... of psychiatry... You may not agree, but he should make you think." (Mark Welch, Ph.D. Metapsychology)"Elegantly clear, concise, jargon-free." (Hopkins Medicine)"This is a refreshing book... both in its moral stance and in the solid common sense of its philosophy." (Richard W. Hudgens PsycCRITIQUES)"McHugh writes with a wit and elegance almost extinct in his professional neighborhood." (Kay S. Hymowitz Commentary)"It is impossible to read these essays and not feel challenged to position oneself on the issue under discussion." (Journal of Nervous and Mental Disease)"Well-written, sometimes elegant." (Eric J. Cassell, M.D. New England Journal of Medicine)"[McHugh] examines with wit, common sense, and humanity several trends in modern psychiatry." (Sunrise: Theosophic Perspectives)"A well-written and thought-provoking volume of essays that gives mental health professionals and interested lay readers one view into topics that have been prominent at the interface between psychiatry and society for the past two decades." (Mary E. Barber Psychiatric Services)

Paul R. McHugh, M.D., is the Henry Phipps Professor of Psychiatry Emeritus, the former director of

the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine, and the coauthor of *The Perspectives of Psychiatry*, also available from Johns Hopkins. He was selected by President George W. Bush to sit on the Presidential Council on Bioethics and by the U.S. Conference of Catholic Bishops to be on their National Review Board for the elimination of the sexual abuse of children by clergy.

This is a fantastic book that explores the depths that modern psychiatry has only recently rebounded from, and is in danger of relapsing into. McHugh is a fairly balanced thinker, and pretty well-informed. The article on sex reassignment surgery is an absolute gem that challenges psychiatry to look its dogma in the face. Occasionally, there is a tendency to be extremely conservative. The Terry Schiavo comparison to the Nazi's extermination is a bit hyperbolic, although his point that there was no fMRI, PET, or even conventional MRI to scientifically enlighten the debate is a very good one. The slippery slope argument is valid, but I think focusing of the right to keep alive by tube-feeding is going to distract from more clear-cut issues. Finally, McHugh outlines where the future of psychiatry might lead and how we have to make crucial decisions at this point in history to keep the art in accordance with truly Hippocratic principles. In short, every psychiatrist should read it, but I am sad to say there are many who won't because they lack the capacity to be self-critical.

Breathtakingly practical and rational. A must read for all physicians. Wish I could have met the author and learned more from him.

Essential reading for anyone interested in the empty-headed (but harmful) fads that have plagued psychiatry in the last half century. McHugh is especially valuable for his smashing of the sex-change illusion, but he's excellent in all chapters and fearless in telling the truth.

He has a common sense approach that's backed by medicine. Good read.

Having encountered the fads of the 70's-80's, I had come to take a very dim view of the profession. It is a relief to see that change is in the air, science is back in the saddle (or nearly), and a refreshing practicality guides at least some practitioners.

The book was in excellent condition and arrived quickly. This author was recommended as someone

who truly understands the disease of schizophrenia. Reading his explanations regarding the lack of understanding concerning the distinctions between mood disorders, psychotic disorders, and addictions helps bring clarity to the dearth of treatment for those with schizophrenia today.

This book should be required reading in all the "helping professions." Dr. McHugh takes on the "acceptable thought" of psychiatry and, in my opinion, gives it a beating. His moral beliefs are strong, and he outlines and defends them well on difficult topics like Jack Kevorkian and Terri Schiavo. I thought very differently until I read him; he has managed to cause me to have second thoughts, which is not an easy thing to do. His concern for the patient shines through everything he writes, and he writes brilliantly. He can be overbearing and arrogant in spots, but it is actually refreshing to hear someone in this field with the courage to put his clear convictions out there for the rest of us.

In 1909, during a lecture at Clark University, Dr. Sigmund Freud, the founder of psychoanalysis, who was educated to be a neurologist, told his audience in Massachusetts that he was pleased and satisfied that psychoanalysis would only accompany medical doctors for a short distance but then "take leave of them." Just how far this distance would grow and how unfortunate the consequences of the separation between psychoanalysis and scientific medicine would be for our culture, and indeed all of society, is one of the topics in this new, five-part book, "The Mind Has Mountains." The author, Dr. Paul McHugh, former chair of the department of psychiatry at Johns Hopkins Medical School, has put together a collection of his scholarly articles. Harold Bloom in his column, "Why Freud Matters," (Wall Street Journal, May 5, 2006) advised us that despite the fact that no one today believes that psychoanalysis is a science, it cannot be gainsaid that "Freud ... was the equal of the other major writers of his era, James Joyce, Marcel Proust and Franz Kafka." Freudianism, along with its creative and imaginative platonic-like constructs (id, ego, libido, etc.) continues to impact society. A reader of "The Mind Has Mountains" will have a balanced, erudite critique of Freud's continuing influence. Unlike the work of Freud and his progeny, Dr. McHugh's "Reflections" are based not on personal opinions or unproven theses, but are the fruit of years of painstaking, empirically verified research coupled with the vast clinical experience of the author and his colleagues at Johns Hopkins and other major university hospitals. The book is not narrowly limited to psychoanalysis, but treats the whole range of issues which psychiatry faces today. From Part I, "Beginnings," until the last chapters in Part V, "The Ethical Use of Embryonic Stem Cells" and "A Psychiatrist Looks at Terrorism," the book covers a breadth of subject matter in engaging language

that is accessible to the layman.

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