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## Book Reviews

Editor's note: The following books received recently at the NAMI National office have been found especially worth bringing to readers' attention. Allowing for space limitations while also seeking to highlight more books that are worthy of consideration, the Advocate book review page will periodically publish these shorter, informative notices rather than the longer reviews that have sometimes been published in the past.

### Land of Stone: Breaking the Silence Through Poetry

by **Karen Chase**

(Wayne State University Press. 177 pages. Softcover: \$15.95)

This book details the relationship through printed words that poet Karen Chase developed with one of the patients at Rosedale, a large psychiatric hospital outside of New York City in the mid-1980's. Chase, whose own writing has appeared in numerous respected venues, taught poetry writing for more than a decade, and here recounts her unique connection with Ben, a patient who had been silent and sometimes violent for six years before his admittance to Rosedale.

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### The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life

by **Kim T. Mueser, Ph.D., and Susan Gingerich, M.S.W.**

(Guilford Press, 2006. 471 pages. Softcover: \$17.95)

Serving as a comprehensive guide to managing the care of someone with schizophrenia, this handbook provides many helpful sections, including an overview of the illness. Also included are easy to use tools, such as exercises, checklists, and worksheets (for example, a "relapse prevention plan") for assessing, defining, and forming solutions to problems that may arise during the course of the illness. The authors also supply answers to likely questions from readers.

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### Fast Facts: Schizophrenia

by **Shon W. Lewis, B.S.c., M.D., F.R.C.Psych., and Robert W. Buchanan, M.D.**

(Health Press Limited, 2007. 101 pages. Paperback: \$24.95)

This third edition of Fast Facts is aimed at primary healthcare specialists and family physicians, and includes details about the history of the illness, possible causes, risk factors, and strategies to effectively deal with and promote better outcomes for those affected by schizophrenia.

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### Lucky Horseshoes: A Tale From the Iris the Dragon Series

**by Gayle Grass, illustrations by Linda Crockett**

(Iris the Dragon, Inc., 2007. 47 pages. Paperback: \$25.00)

The latest installment to the Iris the Dragon series, Lucky Horseshoes looks at ADHD and mental illness through a child's eyes, chronically the character, Skippy, and her frustration with difficulties she faces both in school and at home. With the help of Iris, Skippy comes to understand her condition and thrive as a result.

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**No Momma's Boy: How I Let Go of My Past and Embraced the Future**

**by Dominic Carter**

(iUniverse., 2007. www.iuniverse.com)

Dominic Carter grew up from poverty to become one of New York City's best-known news anchors and political reporters. In May 2007, he served as Grand Marshal for the NAMI New York City walkathon.

As described in this new book, Carter lived with a secret of physical and sexual abuse as a child. After his mother dies, he collects 620 pages of medical records and learns for the first time of her life-long struggle with paranoid schizophrenia.

This candid autobiography details a successful career, but also enduring pain and love as he comes to terms with her mental illness and his own emotions. "My mother was not a demon, but she saw demons," Carter writes. "If a demon exists in this story, it is society's collective mistreatment and misunderstanding of mental illness."

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