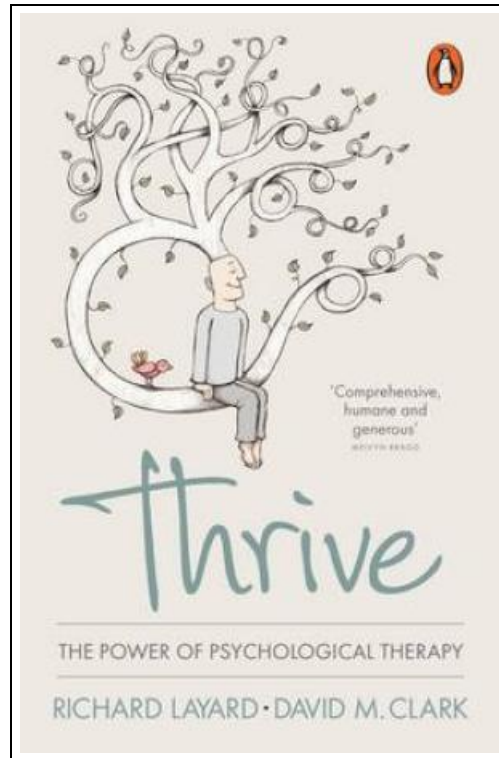


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Penguin Books Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. A ground-breaking argument for better treatment of mental health from Richard Layard (author of Happiness) and David M. Clark. Britain has become a world leader in providing psychological therapies thanks to the work of Richard Layard and David Clark. But, even so, in Britain and worldwide the majority of people who need help still don't get treatment. This is both unjust and a false economy. This book argues for change. It shows that mental ill-health causes more of the suffering in our society than physical illness, poverty or unemployment. Moreover, greater spending on helping people to recover from mental health problems - and stay well - would generate massive savings to national economies, as those who suffer from depression and anxiety disorders account for nearly a half of all disability and are predominantly of working age. Modern talking therapies, such as CBT (Cognitive Behavioural Therapy), are highly effective, and if more sufferers got these treatments, lives would be turned around and the cost would be fully covered by the huge savings. Thrive explores the new effective solutions to the misery and injustice caused by mental illness. It describes how successful psychological treatments have been developed and explains what works best for whom. It also urges us to do all we can to prevent these problems in the first place, through better schools and a better society. And, most importantly, it offers real hope. This book is an inspiring success story and a stirring call to further action. Its message is as compelling as it is important: the social costs of mental illness are terribly high and the costs of effective treatments are surprisingly low Daniel Kahneman Extremely easy and pleasurable to read. It's the most comprehensive,...



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