



# Recovering Sanity: A Compassionate Approach to Understanding and Treating Pyschosis

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**Recovering Sanity: A Compassionate Approach to Understanding and Treating Pyschosis** E Podvoll  
*Recovering Sanity* is a compassionately written examination of the experience of psychosis and related mental illnesses. By presenting four in-depth profiles of illness and recovery, Dr. Edward Podvoll reveals the brilliance and chaos of the psychotic mind and demonstrates its potential for recovery outside of traditional institutional settings.

Dr. Podvoll counters the conventional thinking that the millions of Americans suffering from psychosis can never fully recover. He offers a bold new approach to treatment that involves home care with a specially trained team of practitioners. Using "basic attendance," a treatment technique inspired by the author's study of Buddhist psychology, healthcare professionals can use the tools of compassion and awareness to help patients recover their underlying sanity. Originally published as *The Seduction of Madness*, this reissue includes new introductory material and two new appendices.

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