



Healing the Soul in the Age of the Brain: Becoming Conscious in an Unconscious World

Elio Frattaroli

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It is no exaggeration to say that psychiatry today is in imminent danger of losing its mind altogether," writes Elio Frattaroli, M.D., in this landmark book. What he is talking about is a medical model of the brain that denies the very existence of anything like a soul—based on big science's delusionary hope that it is actually possible to fix the soul's sickness by taking a pill. Much as we might like one, Frattaroli argues, there is no quick fix for the soul; we yearn for something more than what Prozac can provide.

Frattaroli writes with spirit, combining a Renaissance sensibility with an unshakable humanism that shows why tapping into the soul is the highest quest on which we can embark. His references hark back to Shakespeare, to Freud, to Descartes and Bohr; in drawing upon physics, philosophy, literature, and psychology, and by using riveting case histories from his own life and practice, Frattaroli illuminates some of the most complex intellectual discoveries of our time.

In the 1990s, Viking's publication of the bestseller *Listening to Prozac* sparked nationwide controversy and became the touchstone for one of the most widely debated issues of its time. Now, Elio Frattaroli explores what has happened to a culture that has been "listening to Prozac" and hearing nothing else.

Intellectually stimulating, and emotionally satisfying, *Healing the Soul* is one of those life-changing books that will become a classic. Controversial and provocative, it illuminates the route to becoming the full, rich person we each have it in us to be.

Healing the Soul in the Age of the Brain: Becoming Conscious in an Unconscious World Details

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Dror Rosenbach says

Amazing book...

Diana says

One of the best books I've ever read. Though this book is somewhat technical, it is transformational!!! It helped me see how our society has forgotten to feed the soul in our attempt to feed the mind. It helped me begin to be soul-conscious. EXCELLENT BOOK!!!

Chad says

Fantastic. Anybody - therapist or client - doing any kind of psychodynamic therapy should read this as soon as possible. Frattaroli's is a voice we need to hear far more of these days.

Joan says

This book is for the general lay population, not the professional community.

Shiloh says

I can't put this book down. It really challenges the unshakable faith we put in medicine, drugs, and science while at the same time ignoring our instincts, spirit and psychology. The debate at the heart of this book is whether mental illness is to be classified and fixed simply in relation to the functions of the brain. While pills might provide the quick fix a patient (and his/her insurance company demand) the author argues that to assume that chemistry in the brain is the cause and not perhaps a symptom of illnesses like depression, is a leap of faith without any scientific justification. Even if you don't agree with the premise that psychology has fallen prey to this damaging and limited view of the mind and brain as one and the same, you will still enjoy this look at the past and present of psychotherapy all written in an easy to follow narrative. Plus you'll get a little philosophy 101. Impress your friends!

Sadly, this was due back at the library and I had to take it back, got redundant in the Mary case study and went over what felt like the same ground over and over, which is the purpose of psychotherapy, but what I think also turns a lot of people off about it. Who has that kind of time? Best to read the book and heal thyself...ha.

Ross Hamilton, says

Take your time with this one. It's well worth it!

Mary Beth Kollar says

Reading for a class...so far so good..I'll add more later

Lisa says

Love, Love, Love this book!

Asit says

The book takes a look at the philosophical shift in understanding the subjective mind/objective brain duality within us which has led to the current Medical Model that views all mental phenomena as patterns of neurons firing off -- treatable with a special pill.

Read this book to learn about the dogma of Scientism -- which rivals that of any church.

Talia says

I may never finish this book, but i have recommended it to more than one person. Dense, but an important and interesting book.
