



# Voluntary Madness: Lost and Found in the Mental Healthcare System

*Norah Vincent*

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**Voluntary Madness: Lost and Found in the Mental Healthcare System** Norah Vincent

**From the author of *The New York Times* bestseller *Self-Made Man*, a captivating expose of depression and mental illness in America**

Revelatory, deeply personal, and utterly relevant, *Voluntary Madness* is a controversial work that unveils the state of mental healthcare in the United States from the inside out. At the conclusion of her celebrated first book--*Self-Made Man*, in which she soent eighteen months disguised as a man-Norah Vincent found herself emotionally drained and severely depressed.

Determined but uncertain about maintaining her own equilibrium, she boldly committed herself to three different facilities-a big-city hospital, a private clinic in the Midwest, and finally an upscale retreat in the South. *Voluntary Madness* is the chronicle of Vincent's journey through the world of the mentally ill as she struggles to find her own health and happiness.

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