

**Julio Arboleda-Florez and Norman Sartorius, *Understanding the Stigma of Mental Illness*, Ontario, Wiley, (ISBN 978-0-470-72328-9), June 2008, 213 p.**

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Les conceptions du rétablissement en santé mentale : recherches identitaires, interdépendances et changements sociaux  
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## Understanding the Stigma of Mental Illness

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### Book Review by Alan M. Langlieb

### Recension de livre • Book Review

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**T**his book is a wonderful compendium of quality references and descriptions of the theory behind the stigma of mental illness and programs around the world which have sought to address the issue.

Stigma remains alive and unfortunately well despite many efforts to combat its pernicious grasp. The book has eleven chapters which provide the reader with a variety of perspectives on the issue from around the globe. The WPA Global Programme Against Stigma and Discrimination is summarized and elsewhere, cross cultural aspects of stigma are presented. A terrific table is presented which reviews programs in Europe, Asia and South America.

Published in 2008, the book also highlights new and exciting interventions that are being tested such as the use of the Internet and use of electronic databases or archives of media content.

Some of the chapters are fundamental and theoretical, such as one evaluating programmatic needs, and while it is applicable to the stigma issue, it could also be equally applied to other types of concerns, such as basic social marketing, say, for example, the awareness of the ill effect of tobacco use.

Many of the programs highlighted in the book might be found elsewhere, through reports, the Internet, and Journals, but what the authors and editors have successfully achieved here is putting the information in one 213 page volume. Moreover, by showing the reader how the

study of stigma has become a legitimate scientific endeavor, one would hope that more early-career sociologists, psychologists, health promotion and communication experts might devote their efforts to help the world achieve a day when stigma no longer plays a role in the services and rights of a “powerless legion”.

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