In this groundbreaking book, Stephen Hinshaw examines the longstanding tendency to stigmatize those with mental illness.

The author provides practical strategies for overcoming this serious problem, including enlightened social policies that encourage, rather than discourage, contact with those afflicted, media coverage emphasizing their underlying humanity, family education, and responsive treatment.

Features:
- The first sole-authored book to feature the stigmatization of mental illness.
- A unique synthesis, it blends historical analysis; reviews of theories from social psychology, sociology, and evolutionary psychology; summaries of empirical research; analysis of everyday culture (language, laws and policies, personal narratives); and systematic coverage of what we can all do to help overcome the stigma that so often attends to mental disorder.
- It is simultaneously rigorous and compassionate, scientific and humanistic, analytical and action-oriented.

The Mark of Shame is a deeply inspiring and passionate work that is realistic and filled with hope. It combines personal accounts with information from social and evolutionary psychology, sociology, and public policy to provide messages that are essential for anyone afflicted or familiar with mental illness.