

سپاسگزاری

از بهارگای، کارتیک، نائومی، لورا و خانواده‌ی هوا سپاسگزارم که پذیرفتند تجاربشان به دیگران کمک خواهد کرد کمتر احساس تنهایی کنند و، به همین دلیل، اطلاعات ارزشمندی را در اختیارم گذاشتند.

سپاسگزارم از اریک چینسکی که همیشه دقیقاً می‌دانست ایدئالی که باید در ذهن داشته باشم چیست؛ از پی جی مارک که آن قدر صبور و قابل اطمینان بود که خیلی وقت پیش فراموش کردم ممکن است مورد عیب‌جویی‌اش قرار بگیرم؛ از دیوید رمینیک برای یک دهه بلند نظری و اعتماد، و از ویلینگ دیویدسون که نظرش درباره‌ی نوشته‌ی خوب را کاملاً قبول دارم و تا نوشته‌هایم را مرور نکند چندان به‌شان اعتماد ندارم.

سپاسگزارم از ریچل بدارد، آنا گلدمن، آلیس گرگوری و تانیا لورمان که با دقت تمام فصل‌های کتاب را خواندند و، بسیار پیش از آنکه خودم

بدانم، می دانستند چه می خواهم بگویم. همچنین قدردان اظهارنظرها و ژرف نگری های بی نظیر افراد زیر (درمورد این کتاب و مسائل دیگر) هستم: یلنا اکتیورسکایا، کیت اکسلراد، کارل بلومنکرانز، گرت کوک، امیلی کوک، کلویی کوپر جونز، جیایانگ فان، سارا گلدستاین، برایان گلدستون، زکیا هندرسون براون، امی هرتسوک، پاتریک رادن کیف، گیدیون لوئیس کراوس، رز لیشر مارک، جرج ماکاری و انجمن روان پزشکی و روان کاوی کرنل، کلوسی د الیویرا (که خردمندانه پیشنهاد کرد فصلی را به نائومی اختصاص دهم)، اد پارک، کیت رادمن، کریستین اسمالوود و -موهبت بزرگ سالی- خواهرانم: ساری، استفانی و لیزی (والکس کین). بسیاری از مسائلی که در این کتاب مطرح می شود حاصل گفت وگوهای یک دهه پیش من با نو جونز بوده است. سپاسگزارم از اندیشکده نیو آمریکا که کمک کرد نگارش کتاب حاضر آغاز شود و از بنیاد ویتینگ که در اتمام آن یاری گرم بود. دیوید کورتاوا، ترسا متیوز و الخاندرا دچت همراهان بی مانندم در راستی آزمایی اطلاعات کتاب بودند. ویدیا موهان و تایلر ریچارد نامه های بایور ترجمه کردند و معنای تازه ای به دنیای او بخشیدند. از همه عزیزان انتشارات اف اس جی، کری هسیه و برایان گیتیس، سپاسگزارم؛ به ویژه از تارا شارما و استعداد های نهفته اش در انتخاب عنوان فرعی کتاب. یوجین لنکاریک لطف کرد و آپارتمان خالی اش را در اختیارم گذاشت؛ اولین بار بود که برای خودم «دفتر کار» داشتم.

از الکس سپاسگزارم که، حتی وقتی بی انگیزه ام، همواره مایه انگیزه ام است تا جرئت پیدا کنم دست به کارهای جدید بزنم، از جمله تألیف همین کتاب. نگارش این کتاب حس احترام تازه من را نسبت به مامان، بابا، لیندا و دیوید، که خیلی چیزها را شدنی کردند، برانگیخت. امیدوارم روزی فرزندانمان، رافائل و سونیا، نیز بتوانند همین را بگویند.

پی‌نوشت‌ها



مقدمه: ریچل



1. Abigail Bray, "The Anorexic Body: Reading Disorders," *Cultural Studies* 10, no. 3 (1996): 413.
2. Takayo Mukai, "A Call for Our Language: Anorexia from Within," *Women's Studies International Forum* 12, no. 6 (1989): 613.
3. Elaine Showalter, *Hystories: Hysterical Epidemics and Modern Media* (New York: Columbia University Press, 1997), 20.
4. Hilde Bruch, *The Golden Cage: The Enigma of Anorexia Nervosa* (Cambridge, MA: Harvard University Press, 1978), xxii.
5. Bruch, xxiv.

۶. مادر حوا ده‌ها دفترچه یادداشت از او به من داد که از سال ۱۹۸۸ شروع می‌شدند، همچنین نامه‌ها و ایمیل‌های حوا که خودش نسخه‌های چاپی صدها مورد از آن‌ها را در پوشه‌ها گذاشته بود. مادر حوا نوشته‌های قدیمی او را در زیرزمین منزلشان نگهداری می‌کند.

7. Mukai, "A Call for Our Language," 634.
 8. Nonja Peters, "The Ascetic Anorexic," *Social Analysis: The International Journal of Social and Cultural Practice*, no. 37 (April 1995): 44-66.
 9. Mukai, "A Call for Our Language," 620.
 10. Peters, "The Ascetic Anorexic," 51-52.
 11. Rudolph M. Bell, *Holy Anorexia* (Chicago: University of Chicago Press, 1985), xii.
 12. René Girard, "Eating Disorders and Mimetic Desire," *Contagion* 3 (Spring 1996): 16.
 13. Girard, 9.
- در ارتباط با بی‌اشتهایی عصبی و قدیسی: مقاله‌ای به سال ۲۰۱۴ در نشریه کیس ریپورتس این سایکاتری شرح حال دختر جوانی را بازمی‌گوید که در حومه شیکاگو بزرگ شده و می‌خواهد قدیسه باشد. او در صومعه کاتولیک تحصیل و روزه‌داری می‌کند. نویسندگان می‌گویند «به‌رغم اینکه ماجرایی مربوط به دوره معاصر است، دلایل او برای روزه‌داری خودخواسته و بافت فرهنگی محل رشدش بیشتر شبیه افرادی است که، در تاریخ، ذکرشان با عنوان مبتلایان به بی‌اشتهایی مقدس آمده است». دختر جوان به آیین قدی دسترسی نداشت. تنها آیین‌های کوچک داشت که برای تنظیم درآه‌اش استفاده می‌کرد. او هرگز روی ترازو هم نرفته بود. سرپرست‌های صومعه که از او خواستند به روان‌پزشک مراجعه کند، «او دلیل ضرورت این کار را نفهمید، چراکه تصور می‌کرد با محدود کردن خورد و خوراکش پرهیزکار و مؤمن می‌شود». ن.ک:
- Amelia A. Davis and Mathew Nguyen, "A Case Study of Anorexia Nervosa Driven by Religious Sacrifice," *Case Reports in Psychiatry* (2014), 512-764.
 14. Rachel Aviv, "The Trauma of Facing Deportation," *The New Yorker*, March 17, 2017.
 15. Ian Hacking, *The Social Construction of What?* (Cambridge, MA: Harvard University Press, 1999), 34.

16. Ian Hacking, "Making Up People," in *Reconstructing Individualism: Autonomy, Individuality and the Self in Western Thought*, ed. Thomas C. Heller and Morton Sosna (Stanford, CA: Stanford University Press, 1987), 229.
17. Ian Hacking, "Kinds of People: Moving Targets," *Proceedings of the British Academy* 151 (2007): 305.
18. Ian Hacking, "Pathological Withdrawal of Refugee Children Seeking Asylum in Sweden," *Studies in History and Philosophy of Biological and Biomedical Sciences* 41 (December 2010): 317.
19. Joan Jacobs Brumberg, *Fasting Girls: The History of Anorexia Nervosa* (New York: Vintage Books, 2000), 40.
20. Brumberg, 41.
21. Aubrey Lewis, "The Psychopathology of Insight," *The British Journal of Medical Psychology* 14 (December 1934): 332–48.
22. Laurence J. Kirmayer, Ellen Corin, and G. Eric Jarvis, "Inside Knowledge: Cultural Constructions of Insight in Psychosis," in *Insight and Psychosis: Awareness of Illness in Schizophrenia and Related Disorders*, ed. Xavier F. Amador and Anthony S. David (New York: Oxford University Press, July 2004), 197–232.
23. Department of Health and Human Services, *Mental Health: A Report of the Surgeon General*, National Institute of Mental Health (1999), 6.
24. David Satcher, "Statement at Release of the Mental Health Report," December 13, 1999. See also: Colleen L. Barry and Richard G. Frank, "Economic Grand Rounds: Economics and the Surgeon General's Report on Mental Health," *Psychiatric Services* 53, no. 4 (April 1, 2002), [ps.psychiatryonline.org/doi/full/10.1176/appi.ps.53.4.409](https://doi.org/10.1176/appi.ps.53.4.409).
25. Amy Loughman and Nick Haslam, "Neuroscientific Explanations and the Stigma of Mental Disorder: A Meta-analytic Study,"

Cognitive Research: Principles and Implications 3, no. 1 (November 2018): 43.

26. Elyn Saks, *The Center Cannot Hold: My Journey Through Madness* (New York: Hyperion, 2007), 168.

۲۷. تقریر این ایده را مدیون تانیا لورمان هستم که پیش‌نویس مقدمه حاضر را مطالعه کرد. از ریچل بدارد، آنا گلدمن و آلیس گرگوری هم سپاسگزارم که به من کمک کردند مطالب این بخش‌ها را با شفافیت بسیار بیشتری بیان کنم.

28. William James, *Essays in Psychology* (Cambridge, MA: Harvard University Press, 1984), 247.

جیمز در این مقاله همچنین می‌گوید «اطراف واقعیت‌های پذیرفته و مسلم هر علمی را غبار مشاهدات غریب، پیشامدهای جزئی و غیرعادی فرا گرفته است و این مشاهدات و پیشامدها ندرتاً توجهی برمی‌انگیزند، چراکه همواره نادیده‌گرفتشان آسان‌تر از پرداختن به آن‌هاست».

ری



۱. این فصل از حدود ۲۵۰ صفحه سوابق پزشکی ری بهره می‌گیرد که فیلیپ هیرشکاپ، وکیل سابق ری، در اختیارم گذاشته است. او پرونده‌های ری را در پارکینگ منزلش نگهداری می‌کرد. تعداد دیگری از پرونده‌های پزشکی ری را جون ناراد، روان‌پزشک بیمارستان سیلور هیل، به من داد.

۲. در فصل حاضر، همچنین، از بیش از ۱۵۰۰ صفحه پیش‌نویس خاطرات منتشرنشده ری و نیز صدها صفحه نامه، ایمیل، یادداشت و متن فایل‌های صوتی گفت‌وگوهای ری با خودش استفاده شده است. ری گاهی مقابل ضبط‌صوت با خودش گفت‌وگو می‌کرد و از منشی‌اش می‌خواست آن‌ها را تایپ کند. تعدادی از این صفحات را از هیرشکاپ و تعدادی دیگر را از هنری کلرمن، دوست دوران دبیرستان ری و روان‌کار ساکن منهتن، گرفتم. گزیده‌هایی از این خاطرات را اندی سیوالد، دوست ری و وکیل ساکن نیوجرسی، در اختیارم گذاشت.

3. Walter Freeman, *The Psychiatrist: Personalities and Patterns* (New York: Grune & Statton, 1968), 243–52.
 4. Quoted in David McK. Rioch, “Dexter Bullard, Sr., and Chestnut Lodge,” *Psychiatry* 47 (February 1984): 2–3.
 5. Freeman, *The Psychiatrist*, 243–52.
 6. Dexter M. Bullard, “The Organization of Psychoanalytic Procedure in the Hospital,” *The Journal of Nervous and Mental Disease* 91, no. 6 (June 1940): 697–703.
 7. Alfred H. Stanton and Morris S. Schwartz, *The Mental Hospital: A Study of Institutional Participation in Psychiatric Illness and Treatment* (Basic Books, 1954), 44.
 8. Stanton and Schwartz, 194.
 9. Stanton and Schwartz, 149.
 10. Stanton and Schwartz, 193.
- استنتون و شوارتز همچنین گفتند که روان‌پزشک‌های لاج «توجهشان را به تفسیر 'عمیق' محدود کرده بودند و غالباً معانی تحت‌اللفظی را نادیده می‌گرفتند، گرایشی «چنان رایج که کمابیش مثل بیماریِ شغلی شده بود». تصور می‌شد قوانین رسمی را «مقتضیات جامعه‌ای تحمیل می‌کند که از 'امور عمیقاً انسانی' واهمه دارد و در برابرش مقاومت می‌کند».
11. Dexter M. Bullard, interview by Robert Butler, January 17, 1963, page 23, transcript, American Psychiatric Association Foundation: Melvin Sabshin, M.D., Library and Archives.
 12. Quoted in Paul A. Offit, *Pandora's Lab: Seven Stories of Science Gone Wrong* (Washington, D.C.: National Geographic, 2017), 142.
 13. Gail A. Hornstein, *To Redeem One Person Is to Redeem the World: The Life of Frieda Fromm-Reichmann* (New York: Other Press, 2000), 278.
- کتاب هورنشتاین شرحی زنده و دقیق از جو بیمارستان لاج در دوران تصدی فروم-رایشمن و سال‌های پس از آن به‌دست می‌دهد.

14. Quoted in *Psychoanalysis and Psychotherapy: Selected Papers of Frieda Fromm-Reichmann*, ed. Dexter M. Bullard (Chicago: University of Chicago Press, 1959), 335.
15. Frieda Fromm-Reichmann, "Loneliness," *Contemporary Psychoanalysis* 26 (1990): 306. Originally printed in *Psychiatry: Journal for the Study of Interpersonal Processes* 22 (1959).
16. Fromm-Reichmann, 310.
17. Fromm-Reichmann, 318. She is referring to a definition of loneliness formulated in Ludwig Binswanger, *Grundformen und Erkenntnis Menschlichen Daseins* (Zürich: Niehans, 1942), 130. *Grundformen und Erkenntnis Menschlichen Daseins* (Zürich: Niehans, 1942), 130.
18. Ann-Louise S. Silver, "A Personal Response to Gail Hornstein's *To Redeem One Person Is to Redeem the World: The Life of Frieda Fromm-Reichmann*," *Psychiatry* 65, no. 1 (Spring 2002): 9.
- سیلور همچنین، مدتی پیش از مرگش، در گفت‌وگویی با من خاطرات لاج را بازگو کرد.
19. Ann-Louise S. Silver, "Thorns in the Rose Garden: Failures at Chestnut Lodge," in *Failures in Psychoanalytic Treatment*, ed. Joseph Reppen and Martin A. Schulman (Madison, CT: International Universities Press, 2003), 37–63.
20. Quoted in Richard M. Waugaman, "The Loss of an Institution: Mourning Chestnut Lodge," in *The Therapist in Mourning: From the Faraway Nearby*, ed. Anne J. Adelman and Kerry L. Malawista (New York: Columbia University Press, 2013), 162.
21. Quoted in Ran Zwigenberg, "Healing a Sick World: Psychiatric Medicine and the Atomic Age," *Medical History* 62, no. 1 (January 2018): 28.
22. Quoted in Anne Harrington, *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness* (New York: W. W. Norton, 2019), 119.

23. Quoted in Zwigenberg, "Healing a Sick World," 28.
24. Peter D. Kramer, *Ordinarily Well: The Case for Antidepressants* (New York: Farrar, Straus and Giroux, 2016), 46.
25. Quoted in James L. Knoll IV, "The Humanities and Psychiatry: The Rebirth of Mind," *Psychiatric Times* 30, no. 4 (April 2013): 29. Originally from M. Robertson, "Power and Knowledge in Psychiatry and the Troubling Case of Dr. Osheroff," *Australasian Psychiatry* 13, no. 4 (2005): 343–50.
۲۶. این قول را از شهادت داتی اسمیت در جلسه شورای حل اختلاف حوزه سلامت ایالت مریلند گرفته‌ام. جلسه مذکور ضبط ویدئویی شده و در انبار دفتر دیوید فودالا، یکی از وکلای سابق ری، نگهداری می‌شود. در نگارش این فصل از بیست‌وچند نوار ویدئویی استفاده کرده‌ام که فودالا در اختیارم گذاشت.
27. Nathan S. Kline, *From Sad to Glad: Kline on Depression* (New York: Ballantine Books, 1974), 2.
28. Kline, 157.
29. Mark Caldwell, *The Last Crusade: The War on Consumption, 1862–1954* (New York: Atheneum, 1988), 242–47.
30. Quoted in Maggie Scarf, "From Joy to Depression: New Insights into the Chemistry of Moods," *The New York Times*, April 24, 1977.
31. Nathan Kline, "Clinical Experience with Iproniazid (Marsilid)," *Journal of Clinical and Experimental Psychopathology & Quarterly Review of Psychiatry and Neurology* 19 (1958): 73.
32. Kline, 75.
33. Kline, *From Sad to Glad*, 57.
34. Solomon Snyder, *Brainstorming: The Science and Politics of Opiate Research* (Cambridge, MA: Harvard University Press, 1989), 10.

35. Quoted in Kline, *From Sad to Glad*, epigraph.
36. Quoted in Meredith Platt, *Storming the Gates of Bedlam: How Dr. Nathan Kline Transformed the Treatment of Mental Illness* (New York: DePew Publishing, 2012), 104.
37. Nathan S. Kline, "The Challenge of the Psychopharmaceuticals," *Proceedings of the American Philosophical Society* 103, no. 3 (June 1959): 458.
38. Quoted in Summary of Transcript of James L. Wellhouse Deposition, Raphael J. Osheroff, M.D., v. Chestnut Lodge, Inc., et al. (hereafter cited as *Osheroff v. Chestnut Lodge*), 490 A.2d 720 (Circuit Court for Montgomery County, Maryland, April 10, 1985).
39. Testimony of Raphael Osheroff, *Osheroff v. Chestnut Lodge*, November 26, 1986.
- همهٔ قول‌های دو بخش بعدی را از نوارهای ویدئویی جلسهٔ حل اختلاف نقل کرده‌ام. این نوارها را دیوید فودالا، وکیل سابق ری، در اختیارم گذاشت.
40. Joanne Greenberg, *I Never Promised You a Rose Garden* (New York: Henry Holt, 1964), 209.
41. Testimony of Louis Bader, *Osheroff v. Chestnut Lodge*, November 26, 1986.
42. Transcript of Staff Conference, Chestnut Lodge, March 12, 1979, 14.
- نقل قول‌های این بخش را از جلسهٔ دوازده پزشک و پرستار بیمارستان لاج ذکر کرده‌ام. متن پیاده‌سازی صوت جلسه ۲۲ صفحهٔ کامل است.
43. Transcript of Staff Conference, 11.
44. Morton M. Hunt, "A Report on the Private Mental Hospital: Survival Through Evolution," *Trends in Psychiatry* (1964): 15.
45. Roland Kuhn, "The First Patient Treated with Imipramine," in *A History of the CINP*, ed. Thomas A. Ban and Oakley S. Ray (Brentwood, TN: J. M. Productions, 1996), 436.

بنا به تشخیص این کتاب، یادداشت کون «رونوشت پرونده پزشکی شماره ۲۱۵۰۲ درمانگاه کانتونال مونسترلینگن» است که پرونده بیمار زنی به نام پائولا اف. جی، متولد ۳۰ آوریل ۱۹۰۷، است». در ماه مارس ۲۰۲۰، گزارش تاریخ‌نگاران دانشگاه زوریخ مدعی شد کون (که، علاوه بر ایمی پرامین، ترکیبات بسیار دیگری را آزمایش کرده بود) موفق نشده بود از مقتضیات روش شناختی معمول آن زمان پیروی کند، مثلاً داروهایی را برای بیماران تجویز کرده بود که تمام مراحل آزمایشی اولیه را پشت سر گذاشته بودند. به علاوه، کون چندان در قیدوبند تاریخ شروع و پایان کارآزمایی‌های بالینی نبود.

ن.ک:

Marietta Meier, Mario König, and Magaly Tornay, *Testfall Münsterlingen: Klinische Versuche in der Psychiatrie, 1940–1980* (Zürich: Chronos, 2019).

نیز ن.ک:

Marietta Meier, press release, September 23, 2019, in “Pierre Baumann and Francois Ferrero: An Official Inquiry on the Clinical Research Activities (1946–1972) of Roland Kuhn (1912–2005),” International Network for the History of Neuropsychopharmacology website, inhn.org/fileadmin/user_upload/User_Uploads/INHN/Controversies/MEIER_Press_release__of_Kuhb_report.pdf.

46. David Healy, *The Antidepressant Era* (Cambridge, MA: Harvard University Press, 1997), 49–62. See also Kramer, *Ordinarily Well*, 3–6.

47. Roland Kuhn, “The Treatment of Depressive States with G-22355 (Imipramine Hydrochloride),” *The American Journal of Psychiatry* 115 (1958): 459.

48. Quoted in Kuhn, 460.

49. Roland Kuhn, "The Imipramine Story," in *Discoveries in Biological Psychiatry*, ed. Frank J. Ayd and Barry Blackwell (Philadelphia: J. B. Lippincott, 1970), 216.
50. Roland Kuhn, "On Existential Analysis" (paper presented at the Philadelphia Psychiatric Society's Symposium on Psychiatric Therapies in Europe, March 23, 1959).

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51. Quoted in Nicholas Weiss, "No One Listened to Imipramine," in *Altering American Consciousness: The History of Alcohol and Drug Use in the United States, 1800–2000*, ed. Sarah W. Tracy and Caroline J. Acker (Amherst: University of Massachusetts Press, 2004), 329–52.
52. Roland Kuhn, "Artistic Imagination and the Discovery of Antidepressants," *Journal of Psychopharmacology* 4, no. 3 (1990): 129.
53. Jane Kenyon, "Having It Out with Melancholy," in *Constance: Poems* (Minneapolis, MN: Graywolf Press, 1993).
54. Percy Knauth, *A Season in Hell* (New York: Pocket Books, 1977), 118.
55. Knauth, 83.
56. Knauth, 120.
57. Joseph Schildkraut, "The Catecholamine Hypothesis of Affective Disorders: A Review of Supporting Evidence," *The Journal of Neuropsychiatry and Clinical Neurosciences* 7, no. 4 (November 1995): 530. The article originally appeared in *The American Journal of Psychiatry* 122, no. 5 (1965): 509–22.

58. Nikolas Rose, *The Politics of Life Itself: Biomedicine, Power, and Subjectivity in the Twenty-First Century* (Princeton, NJ: Princeton University Press, 2007), 192.
 59. Memorandum Opinion, Robert Greenspan, M.D., et al. v. Raphael J. Osheroﬀ, M.D., et al. (hereafter cited as *Greenspan v. Osheroﬀ*), 232 Va. 388 (Circuit Court for the City of Alexandria, Virginia, February 8, 1983).
 60. Testimony of Margaret Hess, *Greenspan v. Osheroﬀ*, 11.
 61. *Diagnostic and Statistical Manual of Mental Disorders, Second Edition (DSM-II)* (Washington, D.C.: American Psychiatric Association, 1968), 300.
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را استخدام کرد تا آلبوم موسیقی بلوزی جمع‌آوری کند که «بیانی زیبا از تأثیر زندگی و مشکلات زندگی در بروز افسردگی» باشد (کلمه «الویل» روی جلد آلبوم چاپ شد).

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باپو



۱. این فصل، از ۸۰۰ صفحه خاطرات دست‌نویس باپو، که اکثراً به زبان تامیلی و گاهی سانسکریت نوشته شده، بهره برده است. آن‌ها را عروس باپو، پس از مرگ او، در کمد خانه‌اش پیدا کرد. همچنین، حدود ۹۰ صفحه نامه خواندم (به‌همراه یادداشت‌های بانکی، گزارش پلیس و مجموعه‌های دیگر) که بهارگای، پس از مرگ پدرش، در کیف‌دستی او یافته بود. خاطرات و نامه‌ها را ویدیا موهان، استاد زبان تامیلی دانشگاه میشیگان، و تایلر ریچارد، استاد زبان‌های سانسکریت و تامیلی دانشگاه کلمبیا، ترجمه کردند. سروتی دورای، دانشجوی دانشگاه برکلی، نیز در ترجمه‌ها کمک کرد. مضافاً اینکه ویدیا، که تقریباً هم‌زمان با بهارگای در خانواده‌ای برهمن در چنای بزرگ شده، کمک بسیار ارزشمندی کرد تا زمینه موضوع را درک کنم.

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این نمایشنامه منتشر نشده است. بهارگاوای یک دسته از نسخه‌های چاپی نوشته‌هایش را که شامل داستان‌ها و اشعار می‌شد در اختیارم گذاشت. اکثر این نوشته‌ها را در نوجوانی، آن زمانی که با او در آپارتمان‌اش در پونا دیدار کردم، تألیف کرده است.

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مثبت و حامل راهنمایی‌های مفید قلمداد کنند. لورمان می‌نویسد آن‌ها «عملاً صداها را افرادی می‌دانستند که غیرقابل کنترل هستند».

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هوکس همچنین می‌نویسد «بارها و بارها گفته‌ام که سلامت روانی سنگری است که اگر آمریکایی‌های آفریقایی‌تبار بخواهند به انقلاب ضدنژادپرستی برسند باید برای آن بجنگند».

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- کارترایت اختلال روانی دیگری را ابداع کرد با عنوان Drapetomania، بیماری‌هایی که باعث می‌شوند بردگان فرار کنند. برای اطلاعات بیشتر درباره کارترایت، به کتاب *The Protest Psychosis*، نوشته جانانان متزل، مراجعه کنید که بحث تازه و مهمی را درباره نژادپرستی در روان‌پزشکی دوره جنبش اجتماعی سیاهان آمریکا مطرح می‌کند.
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۳۶. در این فصل از هزاران صفحه سوابق نائومی در اورژانس‌ها و بیمارستان‌ها، زندان شهرستان رمزی، ندامتگاه شکویی و بیمارستان امنیتی مینه‌سوتا استفاده شده است. بسیاری از این پرونده‌ها را در پی درخواست‌های مبتنی بر لایحهٔ آزادی اطلاعات از دادستانی شهرستان رمزی برای من ارسال کردند. دنیس گرهاردستین، مسئول بخش اطلاعات همگانی دادستانی شهرستان رمزی، با اجازهٔ نائومی، شش ماه زحمت گردآوری این اوراق را کشید و سپس در اختیارم قرار داد.

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۸۵. دونالد وودز وینیکات در نقد رویکردهای انعطاف‌ناپذیر می‌نویسد «اگر روان‌کاو به بیمار بگوید 'مادر خوبی نداشتی... پدرت اغفالت کرده... عمه‌ات رهایت کرده'، کمکی به او نمی‌کند. در روان‌کاوی زمانی تغییر حاصل می‌شود که بیمار عوامل آسیب‌زا را مطابق درک و عاملیت خود تحلیل کند».
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۹۳. در این فصل از بالغ بر ۶۰۰ صفحه یادداشت و ارزشیابی کارمندان بخش سلامت روانی شکویی استفاده کرده‌ام. این مستندات را (با اجازه نائومی) در پی درخواستی از اداره اصلاح و تربیت مینه‌سوتا و اداره خدمات اجتماعی مینه‌سوتا دریافت کردم.
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۱۰۸. این سطر برگرفته از دفتری ۱۲۰ صفحه‌ای است که نائومی عنوان «دفتر خاطراتم» را بر آن گذاشته بود. نائومی مرتباً سلول خود در شکویی را تمیز می‌کرد و نامه‌ها، دفترهای یادداشت، طراحی‌ها و کتاب‌هایش را

برای خواهرش توما می‌فرستاد. توما آن‌ها را در انبار خانه‌اش در شیکاگو نگهداری می‌کرد. پیش از آنکه نائومی از زندان آزاد شود، توما همه نامه‌ها و نوشته‌های دیگر نائومی را به سه کیسه بزرگ زباله منتقل کرده بود. در این فصل، از محتویات دو تا از این کیسه‌ها استفاده شده است؛ کیسه سوم زیر وسایل دیگر بود و دسترسی به آن برای توما سخت بود. وقتی نائومی را در فوریه ۲۰۲۱ در شیکاگو دیدم، این کیسه‌ها را در اختیارم گذاشت.

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۱۲۷. اطلاعات بیمارستان امنیتی مینه‌سوتا را از بالغ بر ۲ هزار صفحه مستندات گرفته‌ام که ادارهٔ خدمات اجتماعی مینه‌سوتا در پاسخ به درخواستم (با اجازهٔ نائومی) برایم ارسال کرد.

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لورا



۱. فصل حاضر از حدود ۳۰۰ برگ مستندات پزشکی لورا، در بازه زمانی ۱۹۹۶ تا ۲۰۱۰، بهره برده است. نسخه‌ای متفاوت از این فصل در ۱ آوریل ۲۰۱۹ با عنوان «چالش ترک داروهای روانی» در مجله نیویورکر منتشر شد.
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۵. در این فصل، از خاطرات سفر آموزشی تفریحی لورا در سال ۲۰۰۴ استفاده شده است. همچنین از ده‌ها ایمیل و نامه‌ای که لورا در اختیار گذاشت قول‌هایی نقل شده است.
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- متزل مباحث مستدلی دارد دربارهٔ شیوه‌هایی که «داروهای روان‌گردان غالباً سازویرگ فرهنگی و اجتماعی پارادایم‌های روان‌کاوانه را بازاریابی می‌کنند»، به‌خصوص هنجارهای جنسیتی، جنسی و نژادی.
- نیز ن.ک:
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۳۶. عنوان وبلاگ لورا *Recovering from Psychiatry* بود، به نشانی recoveringfrompsychiatry.com، ولی در حال حاضر از دسترس خارج است.
۳۷. جووانی فاوا، استاد روان‌پزشکی دانشگاه بوفالو، یکی از معدود روان‌پزشکانی است که عوارض ترک اس‌اس‌آر‌آی‌ها را به دقت بررسی کرده است. او اخیراً کتابی را با عنوان *Disc Discontinuing Antidepressant Medications* (New York: Oxford University Press, 2021)
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۵۰. پیتز کریمز در کتاب گوش دادن به فلوکسیتین می‌گوید فلوکسیتین «زمینه تحقق پیش‌شرط تراژدی را، که همان مشارکت باشد، مهیا می‌سازد»، ۲۵۸.
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فهرست نام‌ها و اصطلاحات



Mr. Strong	آقای استرانگ
Mr. Men and Little Miss	آقای من و بانوی کوچک
Amistad	آمیستاد
Behold a Pale Horse	آنک اسبی سبزگون
The Detroit News	اخبار دیترویت
reading disorder	اختلال کتاب‌خواندن
Star-Ledger	استار-لجر
Archives of General Psychiatry	اسناد روان‌پزشکی عمومی
American Nervousness	اضطراب در آمریکا
Depression: A Public Feeling	افسردگی: احساسی عمومی
Five Percent Nation	امت پنج درصدی
Hope Draped in Black	امید در جامه سیاه
Page Publishing	انتشارات پیج
A Season in Hell	ایام دوزخ

Environment and Behavior	اینوایرمنت اند بی‌هیویر
Bapu Trust	بابو تراست
Music Marketing for the DIY Musician	بازاریابی موسیقی برای موسیقی‌دان‌های مستقل
Black World	بلک ورلد
I Never Promised You a Rose Garden	به تو هرگز وعده باغ گل سرخ ندادم
The Ascetic Anorexic	بی‌اشتهای ریاضت‌کش
anorexia mirabilis	بی‌اشتهایی شگفت‌آور
anorexia nervosa	بی‌اشتهایی عصبی
holy anorexia	بی‌اشتهایی مقدس
Without Sanctuary	بی‌پناه
Strangers to Ourselves	بیگانه با خود
Abbott Northwestern Hospital	بیمارستان آبت نورث‌وسترن
Mental Hospital	بیمارستان روانی
Regions Hospital	بیمارستان ریجینز
McLean Hospital	بیمارستان مک‌لین
insight	بینش
Pac-Man	پک‌من
Black Skin, White Masks	پوست سیاه، صورتک‌های سفید
Southern Literary Messenger	پیک ادبی جنوب
Recognizing the Depressed Patient	تشخیص بیمار افسرده
Lasker Award	جایزه لاسکر

Chestnut Lodge	چسناٲ لاج
Cheerios	چیریز
The Resurrection of Nat Turner	حیات دوبارهٲ نات ترنر
Pee-wee's Playhouse	خانهٲ اسباب بازی پی‌وی
Berenstain Bears	خرس‌های برنستین
Black Rage	خشم سیاه
The Hidden Self	خود پنهان
solipsistic	خودتنهانگار
The Grapes of Wrath	خوشه‌های خشم
The Untold Story of One of the Most Shameful Scandals in American Psychiatric History (It Happened to Me)	داستان ناگفتهٲ یکی از شرم‌آورترین رسوایی‌های تاریخ روان‌پزشکی آمریکا (برای من اتفاق افتاد)
Dostoevsky and Parricide	داستایوفسکی و پدرکشی
In Praise of Black Women	در ستایش زنان سیاه‌پوست
David and Lisa	دیوید و لیزا
Diagnostic and Statistical Manual of Mental Disorders	راهنمای تشخیصی و آماری اختلال‌های روانی
A Guide to Starting a Business in Minnesota	راهنمای راه‌اندازی کسب‌وکار در مینه‌سوتا
psychodynamic	روان‌پویشی
Trends in Psychiatry	روندهای روان‌پزشکی
The Mark of Oppression	زخم ستم
biomedical	زیست‌پزشکی

biochemical	زیست شیمیایی
Annals of Pharmacotherapy	سالنامه دارودرمانی
Psychiatric Times	سایکیاتریک تایمز
Psychiatric News	سایکیاتریک نیوز
resignation syndrome	سندرم کناره‌گیری
Silver Hill	سیلور هیل
Chicago Tribune	شیکاگو تریبون
Chicago Daily News	شیکاگو دیلی نیوز
Love in the Ruins	عشق در خرابه‌ها
From Sad to Glad	غم به شادی
The Fugitive	فراری
Fortune 500	فرچون ۵۰۰
The Philadelphia Inquirer	فیلادلفیا اینکویئر
David and Lisa	فیلم دیوید و لیزا
The Golden Cage	قفس طلایی
epistemic goods	کالاهای معرفتی
The Anatomy of an Epidemic	کالبدشکافی یک بیماری همه‌گیر
The Center Cannot Hold	کانون تاب ایستادگی ندارد
Clifford	کلیفورد
KRS-One	کی آراس-وان
The Silent Cry: Mysticism and Resistance	گریه خاموش: عرفان و پایداری
Go Fish	گو فیش

Listening to Prozac	گوش دادن به فلوکستین
L'Encéphale	لانسفال
We Real Cool: Black Men and Masculinity	ما واقعاً معرکه‌ایم: مردان سیاه‌پوست و مردانگی
Mourning and Melancholia	ماتم و ماخولیا
The Curious Incident of the Dog in the Night-Time	ماجرای عجیب سگی در شب
India Medical Journal	مجله پزشکی هندوستان
The American Journal of Psychiatry	مجله روان‌پزشکی آمریکا
Journal of Clinical and Experimental Psychopathology	مجله آسیب‌شناسی روانی بالینی و تجربی
International Journal of Social Psychiatry	مجله بین‌المللی روان‌پزشکی اجتماعی
British Medical Journal	مجله پزشکی بریتانیا
The American Journal of Insanity	مجله جنون ایالات متحده آمریکا
Journal of Psychiatry & Neuroscience	مجله روان‌پزشکی و علوم اعصاب
The British Journal of Medical Psychology	مجله روان‌شناسی پزشکی بریتانیا
Proceedings of the American Philosophical Society	مجموعه مقالات انجمن فلسفی آمریکا
Beloved	محبوب
Spiritual Minded	معنوی

Proceedings of the National Academy of Sciences	مقالات آکادمی ملی علوم ایالات متحده آمریکا
Ida B. Wells Homes	منازل آیدا ولز
Robert Taylor Homes	منازل دولتی رابرت تیلور
McDonough Homes	منازل مک دانا
character	منش
Indian Institute of Technology	مؤسسه فناوری هند
Mirabai	میرابای
doctrine of the abyss	نظریه ورطه
Remarks on the Philosophy of Mental Disorder	نکاتی در باب فلسفه اختلال روانی
vastu shastra	واستو شاسترا (علم معماری)
The Wal-Marting of American Psychiatry	والمارتی کردن روان پزشکی آمریکا
Vibin' Collective	وایبین کالکتیو
Woodlawn Hotel	هتل وودلون
Hmong Times	همونگ تایمز
All God's Children	همه فرزندان خدا
The Hindu	هندو
Finding Our Fathers: How a Man's Life Is Shaped by His Relationship with His Father	یافتن پدرانمان: تأثیر رابطه با پدر در زندگی آینده