



# Understanding Schizophrenia: A Practical Guide for Patients, Families, and Health Care Professionals

*Ravinder D. Reddy MD, Matcheri S. Keshavan MD*

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**Understanding Schizophrenia: A Practical Guide for Patients, Families, and Health Care Professionals**  
Ravinder D. Reddy MD, Matcheri S. Keshavan MD

Written by two physicians with decades of clinical and research experience in the field, this volume helps readers face schizophrenia by understanding what it is and how it is managed.

- Provides a succinct, introductory guide to getting started on the road to understanding schizophrenia
- Answers questions commonly asked at initial diagnosis and later, and explains facts and concepts using real-world examples and pictorial illustrations
- Offers practical, evidence-based, and up-to-date information
- Clarifies the nonmedical burdens of schizophrenia, such as loneliness, socialization, and coping with negative emotions
- Presents an authoritative, reliable alternative to Internet sources that contain biased or inaccurate information
- Helps those who are diagnosed with schizophrenia get the most out of their lives

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