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RISE UP/FIGHT BACK: Selected Writings of an Antipsychiatry Activist is a new e-book by Don Weitz. It is currently accessible at iTunes (<http://goo.gl/ARzjB>), Barnes and Noble online (<http://goo.gl/EEpMh>), Amazon online (<http://www.amazon.com/gp/product/B007EIBK0K>). Organized as a mosaic of personal accounts, essays, and letters to the editor, this book is a devastating critique of psychiatry as a coercive, dehumanizing, stigmatizing system of social control that masquerades as a “mental health system” and “medical science.” The author, a psychiatric survivor and activist for more than 35 years, asserts that these claims, including diagnostic labels, are a fraud. In the introduction, antipsychiatry is clearly discussed as a political strategy whose goal is total abolition. Psychiatry, it’s asserted, must be abolished because it is coercive, traumatic, fundamentally disempowering and oppressive, and frequently torturous. For hundreds of thousands, if not millions of citizens, psychiatric treatment and institutionalization have been a daily nightmare of psychiatric wards, lobotomizing drugs, brain-damaging shock treatments, staff threats, other traumas and humiliations, and permanent stigmatization. Canadian psychiatric facilities such as Toronto’s notorious Centre for Addiction and Mental Health (CAMH) and Oak Ridge/Penetanguishene Mental Health Centre (north of Toronto) are described as psychoprisons where many citizens are libeled and slandered with unscientific and stigmatizing diagnostic labels such as “schizophrenic” and “psychopath,” locked up, intimidated, forcibly drugged, electroshocked, experimented on, physically restrained and/or thrown into “seclusion” (solitary confinement). A chapter on electroshock (electroconvulsive therapy), the longest in the book, documents women and the elderly as this procedure’s most vulnerable targets; women are given electroshock two to three times as often as men. An empowering chronology of resistance against electroshock is provided as an appendix, together with a historic and inspiring Declaration of Principles and an Antipsychiatry Bibliography.

The tone is passionate, sometimes angry, but always informative and constructive. This is particularly true of the last chapter, “A Radical Vision,” in which several humane, survivor-controlled community alternatives are discussed.

Don Weitz is a psychiatric survivor of 110 insulin shock treatments and 15 months of incarceration in a Massachusetts mental hospital in the early 1950s. He is co-editor (with Dr. Bonnie Burstow) of *Shrink Resistant: The Struggle Against Psychiatry in Canada*, co-founder of the Coalition Against Psychiatric Assault, and board member of Psychiatric Survivor Archives Toronto. He has received awards for his human rights advocacy and social justice activism. (coalitionagainstoppsychiatricassault.wordpress.com, psychiatricurvivorarchives.com/phenix)

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