

# Book Club at Empowerment Initiatives: “Anatomy of an Epidemic” – by Robert Whitaker

This is the book that spawned a movement...

The most fundamental assumptions of psychiatry are now being questioned:

How effective are psychiatric medications?

How reliable is the supposed science underlying our mental health care system?

Has the truth been suppressed?

Explore these questions and more...



Starting on Thursday, Nov. 10<sup>th</sup>

Every Thursday from 3p to 4p

At Empowerment Initiatives,

3941 SE Hawthorne Blvd Portland, OR 97214

Bus lines: #14 & #75

If you need more information, contact:

Gina Hahn, (503) 249-1413, or

[ghahn@chooseempowerment.com](mailto:ghahn@chooseempowerment.com)

Our Book Club comes from the unique perspective of people with a lived experience of mental health issues. Our facilitators are Dianne James and David Green, who have both worked in the mental health field, and are persons with that lived experience.

Our first book will be “Anatomy of an Epidemic” by Robert Whitaker. Whitaker is an award-winning journalist. His amazing book has started conversations all around the world. Now, we invite you to join the conversation! Everyone is welcome – don’t worry about whether you feel the material is too challenging – we are all here to learn together.

Every week, we will examine one chapter, and have the opportunity to empower ourselves both with the information in this groundbreaking book, and also the thoughts of our fellow book club members.

We do have a limited number of copies of this book to lend, but encourage you to bring your own, or get one from the library.