

# Mental Illness Really Is&hellip; (And What It Isn&rsco

*author: Lucy Foulkes*

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## Synopsis

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author	Lucy Foulkes
readBy	Lucy Foulkes
inLanguage	english

Brought to you by Penguin.

We need to rethink the conversation around mental health—psychologist Lucy Foulkes explores how and why.

*How do mental health problems arise?*

*How do we distinguish between the 'normal' challenges of modern life and actual illness?*

*Is society really experiencing a new mental health crisis?*

In this urgently needed book, psychologist Lucy Foulkes investigates what we know about mental illness—and shines a light on what we don't. It offers a profound new approach to how we think, talk and help when it comes to mental health.

(Previously published in 2021 under the title *Losing Our Minds*.)

## Reader's comments

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