



# The Age of Insanity: Modernity and Mental Health

*John F. Schumaker*

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The often misunderstood modern person syndrome is a disorder linked to the conditions of living in our contemporary society. The author argues that the conditions of modernity have introduced new processes, forces, and cultural motivations that have major implications for all aspects of mental health and social well being. While modernity offers unprecedented opportunities for personal enhancement and creative expression, there is mounting evidence of a mental health crisis that demands the immediate attention of mental health professionals. In order to address the new challenges that have arisen under conditions of modernity, mental health professionals must rethink fundamental assumptions about the relationship between society and mental health, as well as the impact of modern social concerns upon individual behavior and psychological well being.

This innovative approach to mental health seeks to explain a variety of psychological trends, including the steep rise in depression, the sharp increase in the prevalence of existential disorders, and the emergence of consumption disorders. By shedding light on the interaction between modernity and mental health, Schumaker illuminates the emerging patterns of mental disturbance while also offering new and more effective intervention and prevention strategies.



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