



# Normality Does Not Equal Mental Health: The Need to Look Elsewhere for Standards of Good Psychological Health

*Steven James Bartlett*

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## **Normality Does Not Equal Mental Health: The Need to Look Elsewhere for Standards of Good Psychological Health** Steven James Bartlett

How do you define good mental health? This controversial, counterintuitive, and altogether fascinating book argues that "psychological normality" is neither a desirable nor an acceptable standard.

- Multiple descriptive examples of ways in which the equation of psychological normality with good mental health leads us astray
- An account of the principal contributors who have urged that psychological normality is not a desirable or justifiable standard of good mental health
- A historical account of the main psychological factors that have led to our current failing model and practice of higher education

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