



***Surrounded By Madness* Recognized as a 5 Star Book by Readers' Favorite**

The gripping and empowering story by Rachel Pruchno, Endowed Chair & Professor of Medicine at Rowan University, telling of her experiences with mental illness among her family continues to wow memoir readers.

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Voorhees, NJ – Readers' Favorite, an organization recognized by the Association of Independent Authors for consistently identifying excellence among up-and-coming authors, has conferred its best-of-class "5 Star Book" designation upon ***Surrounded By Madness: A Memoir of Mental Illness and Family Secrets***.

Readers' Favorite described ***Surrounded By Madness*** as "a heart-breaking memoir of a woman who loses both her mother and daughter to mental illness ... an honest account of a woman's desperation and powerlessness in handling a destructive illness ... a must-read for families battling with this illness and for psychologists, therapists, and psychiatrists."

Surrounded By Madness shines light into the darkest corners of Dr. Pruchno's own family history and provides vital insight into the problems with the United States' mental health care and legal systems. Dr. Pruchno wrote the memoir to end her own silence surrounding the subject and tells the gripping and poignant story of her mother's and adopted daughter's struggles with the devastating disease.

When asked about her memoir being awarded the Readers' Favorite 5 Star Book designation, Dr. Pruchno replied, "It is very gratifying to see ***Surrounded By Madness*** lauded by an industry leading review organization focused on independently published books," says Dr. Pruchno. "My story is an important one that I want to share with people everywhere because tens upon tens of millions of American families struggle with mental illness daily. These families need to know that they are not alone and that it is counterproductive to hide, buying into the stigma that unfortunately remains associated with mental illness."

Since its release, the book has attracted the attention of leaders in the field and glowingly positive reviews. What is more, every one of the nearly 40 reviews posted by book buyers on Amazon.com and BarnesAndNoble.com to date has rated ***Surrounded By Madness*** with all 5 out of a possible 5 stars.

“Penned in a vivid, literary style that bleeds anguish, Pruchno’s story is a mother’s worst nightmare. Since the book centers on a young person and leaves such a powerful impression, it would make a solid supplementary text for a college psychology course. Pruchno’s feelings of desperation and powerlessness speak more to the reality of mental illness than an academic case study ever could,” from **Kirkus Reviews**.

“An important, poignant voice rooted in one family’s experience. Will help move communities beyond dialogue to action,” from **Michael J. Fitzpatrick, M.S.W., Executive Director, National Alliance on Mental Illness**.

“Reading *Surrounded By Madness* is like watching the inevitable train crash that you can’t stop from happening. Poignant, vivid, tragic, yet ultimately resilient,” from **Stephen P. Hinshaw, Ph.D., Professor, Department of Psychology, University of California at Berkeley and Vice-Chair for Psychology, Department of Psychiatry, University of California at San Francisco**.

“A report from the front lines of the daily battles of mental illness and a first-hand account of loss, this is a compelling book for clinicians, scholars, and family members trying to understand chronic mental illness,” from **Michael A. Smyer, Ph.D., Professor of Psychology & Provost, Bucknell University**.

For more information about the author, please visit Dr. Pruchno’s official website at www.RachelPruchno.net.

For more information about ***Surrounded By Madness*** and to watch the book trailer, please visit the book’s official website at www.SurroundedByMadness.net or go to YouTube.com at <http://tinyurl.com/nozgcwv>.

Surrounded By Madness: A Memoir of Mental Illness and Family Secrets is available exclusively at Amazon.com (<http://tinyurl.com/k5xvmsz>) and other online booksellers.

About the Author:

Rachel Pruchno is Endowed Chair & Professor of Medicine at Rowan University’s School of Osteopathic Medicine and Director of Research at the New Jersey Institute for Successful Aging (<http://www.rowan.edu/som/njisa/>). She earned her Ph.D. in Human Development and Family Studies at Penn State University. Dr. Pruchno has been the Principal Investigator on numerous research grants funded by the National Institute of Mental Health, the National Institute of Aging, the National Institute of Nursing Research, the National Institute of Child Health and Human Development, the Retirement Research Foundation, and the Cleveland Foundation. She has published more than 70 peer-reviewed articles in scientific journals, 10 invited book chapters, and co-edited *Challenges of an Aging Society: Ethical Dilemmas, Political Issues*. She has served as Editor-in-Chief of *The Gerontologist* (<http://gerontologist.oxfordjournals.org/>), a leading scientific journal, since 2011.

As a weekly blogger, since January 2014, Dr. Pruchno has been contributing to PsychologyToday.com, the website of the magazine *Psychology Today*. The blog, “All in the Family: Mental Illness and Caregiving Across the Generations,” may be viewed at www.PsychologyToday.com/blog/All-in-the-Family.

She is married with four children, two of whom are dogs.

If you would like more information about Dr. Pruchno’s academic work, including her CV and publications, please visit her personal website at www.RachelPruchno.net.

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