



Georg Psota

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## THE VAST LANDS OF OUR MIND

On our mental state in a crazy world

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Depression, dementia and burnout are the leading causes of illness in our times. A tour guide to our mental state.

What is good for our mental wellbeing, from our baby years to old age? We live in times where mental illness and confusion are on the rise, our society is rapidly changing, and people are more and more stressed and overwhelmed. Only a few years ago, philosophers described this phenomenon as "a society of fatigue". Increasingly this fatigue seems to expand into fear and helplessness. The authors take readers on a journey through the wondrous world of our psyche. They answer questions that we have all encountered when our minds enter a state of emergency and they ask further questions in a world that's becoming crazier each day.

### GEORG PSOTA

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Born in 1958, Psota is a consultant psychiatrist and neurologist. He is head physician of Vienna's psychosocial services, president of the Austrian society for social psychology ÖGSP, vice-president of the Austrian society for geriatric psychiatry and psychotherapy, medical consultant on the psychosocial advisory panel to the health minister of Vienna, leader of Vienna's psychosocial advisory body, and author of non-fiction books as well as numerous scientific publications. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).

### MICHAEL HOROWITZ

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Born 1950 in Vienna, Horowitz is a photographer, journalist, writer and publisher. He has authored biographies on Heimito von Doderer, Egon Erwin Kisch and Karl Kraus, as well as H. C. Artmann, Otto Schenk and Helmut Qualtinger. He is founder of the courier magazine 'freizeit' and has received several awards, including the Austrian Cross of Honour for Science and Art. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).