

An Undefeated Mind
By *Prof Kua Ee Heok*



An
**Undefeated
Mind**

A Doctor's Narrative of People Struggling with
Mental Illness and the Triumph of the Human Spirit

Inspired by True-life Stories

Kua Ee Heok

“An Undefeated Mind”, now in its 2nd edition, written by Prof Kua Ee Heok, a professor and Senior Consultant Psychiatrist at the National University of Singapore, is ‘Worth a Read’. Prof Kua graduated as a medical doctor from the University of Malaya in 1973 and had postgraduate training in psychiatry at Oxford University and Harvard University.

The book, inspired by true stories, is a doctor’s narrative of people struggling with mental illness and the triumph of the human spirit. A book review considers Prof Kua’s book to be “fast moving and intriguing”. Another reviewer credits Prof Kua’s “insights into mental health practice”.

The book is written by an eminent, experienced and qualified practitioner but in the style of a novel. This makes for easy reading yet it is informative for any layperson. Reading Prof Kua's book can remove common misconceptions about mental afflictions and assist us cope better when we are confronted with the condition.

For instance, how often "a broken leg elicits more sympathy than a broken mind". That need not be the case, if we learn from Prof Kua that schizophrenia is not what is commonly understood by layman to mean. It is not 'split personality'. Prof Kua considers schizophrenia "an illness of thinking and cognition – the essential feature is the difficulty to think clearly and to link ideas together in thoughts and speech".

According to Prof Kua, "Misconceptions and myths about mental illness are prevalent, like the assumption that mental patients are unpredictable and violent". Fortunately, it is in the nature of psychiatrists to be "eager to trawl for information about the causality and explore the psychopathology with such enthusiasm". We have seen and can expect significant advances in medicine and psychiatry being made in the skillful care and treatment of those mentally afflicted.

Read Prof Kua's "An Undefeated Mind" to find answers to questions that you may have regarding genetic predisposition in mental illnesses. Dr Kua has generously donated 5 copies of his book and a few others he has written or co-authored to the Buddhist Library.