

## ON NOTABLE BOOK IN OUR HISTORY



When a special broadcast entitled Family in Alcohol Culture (*Obitelj u alkoholnoj kulturi*) was launched on Tuesdays as part of the radio broadcast The Line of Trust (*Linija povjerenja*) by Maks Jurjević in 1989-1990, it gained high popularity very soon. Maks Jurjević, a Croatian Radio editor, Head Doctor Mauricio Troncoso and Professor Branko Lang, MD, answered the questions posed by patients and their family members; in the broadcast, Professor Branko Lang had his Five-Minute Auto-Therapy, when he read a special text on a particular issue, followed by education of the audience by the method of relaxation. As

stated by the author, Professor Lang, these texts discuss “the psychopathology of daily living” in a specific way<sup>1</sup>. What makes these texts and this pocket booklet of 65 pages, entitled Changing Oneself, Not the Others (*Mijenjati sebe a ne druge*), subtitle Self-Help in Mental Problems (*Samopomoć u duševnim poteškoćama*), so specific? It is the simple style and language when talking about mental problems, offering hope and understanding as well as encouragement, addressing all those listening or reading it, either suffering from serious difficulties or just those immanent to all people. Texts taken from The Line of Trust are accompanied by brief, simple and easily comprehensible explanations on the issues of neurosis and other mental problems, on auto-therapy, psychotherapy, and prevention of neurotic disorders. As the pharmaceutical industry Belupo sponsored the mentioned broadcast, they also decided to collect and publish these texts. It proved to be an excellent decision for all those that wanted to read them again. Unfortunately, the book was not available to many potential readers, thus depriving them of the following wise statement: “Man is surrounded by people and nature, establishing relationship with them and receiving information on himself from them. Man gives and receives. If this relationship is to be lost, he should re-establish it because man is as healthy as he is capable to leave his self while approaching the others... And it is not difficult at all. And do not consider it to be difficult!”<sup>1</sup>.

*Tanja Sušec*

### Reference

1. LANG B. Mijenjati sebe a ne druge. Samopomoć u duševnim poteškoćama. Linija povjerenja. Koprivnica: Belupo, 1991;42. (in Croatian)