



# A Mind That Found Itself: An Autobiography

*Clifford W. Beers*

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## **A Mind That Found Itself: An Autobiography** Clifford W. Beers

Clifford W. Beers was the founder of the American hygiene movement. Beers himself was mentally ill for many years having spent much of his young life in mental institutions. Beers wrote an account of his time spent in the mental institutions and on what he alleged to be significant malpractice by the staff. This edition includes a table of contents.

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