Eight years after the first edition of *Diagnosis: Schizophrenia*’s publication, much has changed and little has changed. New medications have been developed and our understanding of schizophrenia has expanded. Yet, young people continue to develop schizophrenia, with the same symptoms and the same struggles with recovery as the thirty-five people in this book share.

When we—thirty-five young people newly diagnosed with schizophrenia plus two social workers—embarked on the four-year journey of planning, interviewing, illustrating, reviewing, editing, and finding a publisher for the first edition, we had little idea of the difficulty we would have interesting a publisher in a book that primarily was written for people with schizophrenia. Fortunately, we found John Michel of Columbia University Press, who saw the promise of this book. Now, thousands of copies later and with feedback from many young people who were helped by it, the stigma is just a little bit lessened. When we began, there were no other books targeted to people with schizophrenia; now we are happy to say there are several.

The purpose of this book, back in 2002 and now, is to tell the story of thirty-five young people coping with an illness that completely upended their lives. In so doing, we all hope to help others with schizophrenia, as well as anyone else who might benefit from better understanding the issues of recovering from the disease. Initially we thought the book would be about their stories, but by the second brainstorming session we quickly
learned that people wanted to know everything, all the science, about the medications, how the doctors decide it is schizophrenia, even what the therapists were doing to help and why. As the editors we respected their concerns and included a great deal more than originally planned. In that spirit, in this edition we have expanded numerous sections to provide recent scientific findings, updates of benefit information, additional material for coping with symptoms, issues of substance abuse treatment, and information regarding childhood-onset schizophrenia. We have added many new resources available via the Internet and print materials. As with the first edition, we did our best to make the book as readable as possible, taking into consideration the difficulties in concentration sometimes experienced by people with schizophrenia.

Where we have made no changes is to the stories of the thirty-five people who so courageously shared their most difficult experiences with us. Unfortunately, we no longer have contact with the participants who were so important to this project. Many kept in touch with Rachel Miller until her move to Maryland. One person, who was very involved in this book, stopped her medication after many years and numerous personal successes and took a while to recover again. Another told the story of how her doctor recommended she read *Diagnosis: Schizophrenia*. She replied proudly, “I’m one of the people in it.” When the doctor asked, “Which one?” she responded that this was her secret. One young man found Rachel Miller at her new job at the National Institute of Mental Health last year to ask a question about anxiety; another to get help for a brother. Several people participated in radio programs to promote the book in which they spoke of their experiences. We hope all thirty-five young people continue to progress in their recoveries. If any one of you is reading this, please know that we continue to hear from people around the world about how this book you helped to outline, gave your voice, illustrated, edited, and finally celebrated (remember our party) continues to live in a second edition. More than that, your hopefulness and work toward recovery tell the world that young people newly diagnosed who have good treatment can optimize their recoveries and lead meaningful lives. We know we can speak for you when we say it is our hope that the second edition of this book will make the journey for people recently diagnosed with schizophrenia a little bit easier.

We profoundly thank our participants for their help in enlightening us
in ways no one else possibly could. In addition, we wish to thank all the research doctors and other professionals who contributed their knowledge to *Diagnosis: Schizophrenia*. We also are very grateful to the Nicholas Family Charitable Trust, which provided generous support for this project.

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