

# Recovery Journal

A Monthly Magazine for the Study of Self-Help Methods  
in the Treatment of Nervous and Former Mental Patients

ABRAHAM A. LOW, M.D., EDITOR

---

VOL. 1 No. 1

PUBLISHED BY RECOVERY, INC.  
185 NORTH WABASH AVENUE  
CHICAGO 1, ILLINOIS

JUNE 1946

---

## TABLE OF CONTENTS

1. A Concise Outline of Recovery's Self-Help Techniques..... 1
2. The Fear of Being Misunderstood..... 8  
A panel discussion conducted by patients.
3. The Patient's Tantrums Lack the Force of Genuine Feeling..... 11  
Physician's comment on a panel discussion.
4. The Patient Wants the Ends of Health, not Its Means..... 14  
An interview in a group psychotherapy class with private patients.
5. The Recovery Journal..... 17  
A statement of policy.

---

All communications to be addressed to: Recovery, Inc., 185 North Wabash Avenue, Chicago 1, Ill.  
Subscription: \$2 per year—For members of Recovery, \$1 per year—Copyright, 1946, Recovery, Inc.