

## **A book review: “I Want My Son Back” A Mother's Cry, by Uma Eyyunni, M.D., Author House, Bloomington, Indiana 47403, ISBN 1-4208-0147-3, 2004, 1-207**

The use of fiction in conveying a message and pleas for help is universal in any language. The fictitious characters and places can be imaginary and/or real in fact but do make powerful reading. Many times, after reading a book like this carefully, one can get motivated in some fashion or other to help. This is akin to the process of transference and counter transference. In this process, it does not matter regarding the author(s) real or imaginary relationship to reader is. One such book, “I Want My Son Back”, very convincingly written work by Uma Eyyunni, a Physician makes you read and look at the issues to reflect, “How can we help”. The book, without giving out all the details presents the travails of Anna and Robert (fictitious names and parents here) that lead a tranquil life with a growing family, two children that were raised from infancy in USA, when, one of the older children has an non-traumatic accident (for want of better word here) ending with the schizophrenia. Just to put issues into a perspective, these affected individuals hear inner voices that others are not hearing. They suspect that their mind is being read by others and controlling them. Their talk may not make sense. Some may sit for a long time without moving or saying anything, or may seem perfectly fine until they talk irrationally about what they are really thinking. They fear that others may harm them. These experiences are terrifying and can cause fearfulness, withdrawal, or extreme agitation in the care givers. Many afflicted with schizophrenia have difficulty in holding a job or caring for themselves. No need to say, this is stressful on their families. This affects society as well. Anna and Robert go through these hardships. As the mother, Anna wants her son back like a normal child. Even more insightful, the problems of health insurance issues, costs of medications and long term resolution of issues are brought into focus.

Just what can we do? First and foremost is to be sensitive. This situation can affect any one of us. Where can one look for help beyond traditional resources? Is

this the time for us to have support mechanisms within our extended families? Have half-way-homes organized at various geographical locations that can help individuals in need? Communities include all of us. Our goal is to enable a person and families with these overwhelming issues to flourish. We need not be passive objects that are supported by special programs, needing special accommodations, etc. Our goal is to help persons with handling the rigors of American life expectations, including activities of daily living. Our expected passion in western societies is on “performance”, commercialization of human relationships, our delusional optimism, all these need to be handled with patience and purpose. Reverence for life is important. This is a two way street. If you identify someone (a family) that has special needs, find some time to spend a day with them to lighten their needs. Try to provide caregivers, a ‘Day of Pampering’. Can we all schedule a day or weekend to do this? How can you support: increase awareness, by education, organize support groups and caring circles. Set up family support groups for all, taking care of those with mental illnesses and other needs. Create a ‘Friendship Connection’: What is it? My child with problems will soon graduate after lifetime of difficulties and services for ...yet does have a friend! We should set up for every challenged person to say, “my friend(s) is (are) coming to see me (us)... Today! Please read the book and the contact details for any follow up are given below.

Some more information including excerpts are available at [www.motherscry.net](http://www.motherscry.net) , please check.

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