

# Contents

<b>1</b>	<b>Introduction: Conceptualising Mental Health in the Twenty-First Century</b>	<b>1</b>
<b>2</b>	<b>The Flawed Assumptions of Psychology and Psychiatry: A Martian Analysis</b>	<b>13</b>
<b>3</b>	<b>Social Approaches to Distress: From Enclosures to Fluid Spaces</b>	<b>43</b>
<b>4</b>	<b>‘Bike Minded’—Normal Human Encounters (on Bikes)</b>	<b>67</b>
<b>5</b>	<b>Fishing and Youth Work, or ‘What Is It about Fishing that Makes Life Better?’</b>	<b>83</b>
<b>6</b>	<b>‘Helping Them Hold Up Their World’—Parents of Children with Complex Needs and the Beneficent Organisation</b>	<b>101</b>
<b>7</b>	<b>I’m Singing in the Rain</b>	<b>119</b>

<b>8</b>	<b>'A Place to Be'—A Cut and Shut of the Brighton Unemployed Centre Families Project</b>	<b>135</b>
<b>9</b>	<b>The Joy of Sex</b>	<b>155</b>
<b>10</b>	<b>Some Possible Directions for the Future</b>	<b>173</b>
	<b>Index</b>	<b>189</b>