

Thank you for appreciating my work and being interested in helping promote the book!

Genuine “word of mouth” recommendations are still one of the best ways to spread the word about a book. If you liked *Your Consent Is Not Required: The Rise in Psychiatric Detentions, Forced Treatment, and Abusive Guardianships*, I’d be grateful if you could tell others. Below is a list of easier and less-easy things one can do, but all of which can really help! When recommending the book, ideally, always include something personal and pointed—explain a little about what you liked about the book and why, and what in the book might interest the particular person or group of people you’re communicating with.

1. Tell people whom you know personally, through whatever means you communicate, about the book. If online, include a link to [my website page](#), [the publisher’s page](#), or to somewhere the book is sold. You might copy and paste or adapt all or parts of the [short or longer-form descriptions](#) about the book, or come up with your own summary.
2. Post information and links about the book to discussion groups or online forums that you participate in, explaining its relevance to that forum.
3. Give the book a rating or brief review on [Goodreads](#), or at online retailers like [Amazon](#), [Barnes & Noble](#), [Chapters/Indigo](#) etc.
4. Suggest to your local library and/or bookstore(s) that they get the book.
5. If you’re on any social media, post your thoughts about the book. Connect with me on social media (I’m on [Facebook](#), [Twitter](#), and [YouTube](#)) and Like and forward my posts related to the book, or tag me on posts that you put up.
6. If you have a website or blog, write a review of the book, or simply mention or cite the book in a post that’s about something related to its content and your topic. Over time such references can also influence search-engine algorithms. Again, ideally, include a link to [my website page](#) or to [the publisher’s page](#) or to somewhere the book is sold, like [Amazon](#), [Barnes & Noble](#), [Chapters/Indigo](#) etc.
7. Contact a local journalist or news outlet that has covered related issues, and encourage them to read the book or interview me.
8. Bring me to your city for a presentation or reading! This can also draw local media attention. (I may just need some help with travel expenses and somewhere to crash.)
9. Organize an online discussion event for me to be a part of in some way.
10. If you listen to a podcast or radio show regularly, or read a periodical, that discusses or reports on related issues, direct me to it, or contact them yourself to recommend me as an expert interviewee on involuntary commitment in the US and Canada.
11. [Subscribe to my newsletter](#) to stay abreast of my work and outreach efforts.

If you’d like high-quality materials about me and the book that you can forward or print out and take around to show others, get in touch! For example, we have a “Sample Q&A” with me about important issues in the book, and a concise list of some of the book’s most “Surprising and Disturbing Facts about Civil Psychiatric Detentions.”

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