

Acknowledgements

We are very grateful to Vidyamala Burch for her wisdom and generous advice before we started writing this book. We also wish to thank the anonymous peer reviewers and staff at Cambridge University Press and the Royal College of Psychiatrists for their advice and support at each stage of the book's development. Finally, we are deeply grateful to our own families, our patients, and their families for teaching us so much about compassion. Thank you, all.

Dedication

This book is dedicated to Eadbhard, Séamus, and Niall.