



METRO SUBURBAN
RECOVERY • LEARNING • COMMUNITY

For Immediate Release

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Psychologist, Author Bruce E. Levine to Speak in Arlington on May 5

Arlington, MA – April 5, 2011 - Bruce E. Levine, psychologist and author, will give a presentation on his new book *Get Up, Stand Up: Uniting Populists, Energizing the Defeated, and Battling the Corporate Elite*. The event will take from 6 – 8 pm on Wednesday May 5 at the Arlington Town Hall, 730 Massachusetts Ave., Arlington. The event is free and open to the public, and is co-sponsored by the National Empowerment Center and the Metro Suburban Recovery Learning Community.

Get Up, Stand Up, a blend of psychology and political analysis, theorizes that many Americans have lost confidence that genuine democracy is possible. Drawing on phenomena such as learned helplessness, the abuse syndrome, and other psychological principles and techniques for pacifying a population, Levine explains how major US institutions have created fatalism. *Get Up, Stand Up* details those strategies and tactics that oppressed peoples have successfully employed to gain power, and paints a picture of how to collectively return to an authentic democracy.

Bruce E. Levine is the author of *Surviving America's Depression Epidemic* and *Commonsense Rebellion*. He is a regular contributor to the Huffington Post, CounterPunch, AlterNet, and Z Magazine, and his articles and interviews have been published in Adbusters, The Ecologist, High Times, and numerous other magazines. Dr. Levine, a practicing clinical psychologist often at odds with the mainstream of his profession, also gives talks and workshops.

The National Empowerment Center provides information, resources and technical assistance on recovery and spreads a message of hope to mental health consumers and their families. The Metro Suburban Recovery Learning Community The Metro Suburban Recovery Learning Community is a peer run organization; promoting trauma informed peer support, advocacy, education and training opportunities for individuals who have lived experience with a mental health condition.

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