

*Mass shootings, race riots, climate change and the pandemic have created havoc with the American way of life. Americans are experiencing major mental health problems with all the chaos. I offer suggestions to plant seeds of change.*

## **US UNHINGED: Book-2**

By Dr. Shila Patel, M.D.

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Understanding the chaos and navigating the turbulence in our society,  
while learning how to thrive within our family and community today.

# US UNHINGED

BOOK 2



We are struggling to defend ourselves  
from the disintegration of American values.  
Stand up and fight for a rational and compassionate nation.

An analysis of cultural issues, societal problems, and  
recommendations for change in America 2020

Dr. Shila Patel, M.D.

Dr. Patel presents a wide variety of current issues of American society. The thought-provoking topics offer a basis for discussions and in-depth analysis of modern culture.

- Judith Toscano RN. MSN Clinical System Analyst

I much appreciate how Dr. Patel unpacks her insightful, multinational approach and how it helps her reader gain a bigger picture view on the issues plaguing our collective society today. These are important topics that everyone needs to gain perspective on and to truly think about; I find this work to be timely, educational, and thought provoking.

- Jenifer M Brand, CMRP,  
Engineering Development Laboratory Manager

Dr. Patel takes you on a journey exploring the problems exhibited in American families today while offering a historical perspective and positive solutions for change. Her analysis of the workplace provides a look back at the widespread awakening of sexual abuse, discrimination, and the associated legal ramifications. Dr. Patel's sincere interest in analyzing the current, most severe sociological problems in the United States is to bring about change for a more compassionate, intelligent, and forward-thinking society. She attacked every problem with rigorous analysis, and most notably, offered recommendations. Dr. Patel is challenging all of us to reach for a higher standard of civility, morality, and responsibility to ourselves, our families, and our fellow citizens.

- Arthur D. Gottlieb, Retired Queensbury Middle School  
Principal, Queensbury, New York

US Unhinged delves into relevant challenges facing society today. Instead of turning to fear tactics, Dr. Patel turns to pragmatism and provides a language for important conversations; understanding how we got here and how we get out. Dr. Patel offers a dialogue rich in research and clinical experience.

- Catherine Kozen, Director Marketing & mom of 2

Dr. Patel's autobiography and perspective of our current American society illustrates and embodies the New American Dream. She is an immigrant from the third world; a woman of color who has faced and overcome immense challenges. Yet has maintained her levelheaded and fair-minded approach to life. For both the young and old, her ideas are a roadmap to acquire skills and achieve a mindset to face and overcome the challenges of our society.

- Paul Miller, Retired teacher

This book is wonderfully insightful, enlightening, frightening, and very sad in places. It has relevance today as it addresses many subjects from a professional, rather than a politically biased, individual's viewpoints. Everyone would benefit from reading it but especially parents. As a grandmother, all parts relating to children resonated with me. As I read the book, I found myself wishing my son and his wife were reading along with me. I gained insight and knowledge with a better understanding of what is happening in our country today. This is a very good book that hopefully, will reach many, many readers.

- Nancy Bray

I found US Unhinged engrossing. This book has so much relevance today. It doesn't matter how talented or rich you believe you are. It's how you treat people. Integrity is everything. I have benefitted greatly from reading this book. I am hoping to be more tolerant and respectful with my daughter and 17-year-old granddaughter, who was adopted from China at the age of 18 months and has a lot of problems. The book made me realize that your life is shaped by the decisions you make and have made, not by the ones you didn't. We all need to adopt a better understanding of people and their problems and appreciate our differences.

- Angela Paporello

I loved it! This is a book I would keep in my night table by my bed. The chapters are self-contained, and it is not necessary to read them in order. I was definitely challenged but felt I agree or have a similar belief system as the author, Dr. Patel. I felt the section on loneliness is very appropriate at this time with social distancing and self-quarantine during the pandemic.

- Gloria Ragonetti

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*Dr. Shila Patel, M.D.*

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# **Chapter Summaries**

## **Part 1 –Professional Journey**

### **Introduction**

Can we, as Americans, examine the ills that exist today and work together to create a healthier, more compassionate society for tomorrow’s citizens? This analysis refers to all people, from the youngest to the oldest, promoting discipline, education, work ethic, family support, physical and mental health care for all, and respect for all human rights. This book is a sociological study of our American society today. It presents a discussion in understanding what has happened in our culture. Why have these beliefs and events transpired? How do we move forward to a more informed, compassionate, and disciplined society?

### **A Professional Journey**

How did I end up practicing as a child, adolescent, and adult psychiatrist? A review of these professional insights is presented. This knowledge has inspired me to examine and offer solutions to the ills of American society that plague us today.

## **Part 2 – Human Emotions**

### **The Biochemistry of Emotions**

Lust, Love, and Attachment

## **An Emotional Spectrum**

A review of how the body functions in response to human emotions is presented. Human behavior revolving around sexual and non-sexual relationships helps us form healthy and productive life partnerships and friendships. There are significant differences between male and female brains that affect our thoughts and experiences. Both physical and psychological studies of the human condition are explored. Topics discussed include:

Heartbreak

Loneliness

How to Deal with Loneliness

For a Better Marriage, Act Like a Single Person

Happiness

Laughter

Negative Emotions

## **Part 3 - Enough is Enough - Get Over It**

### **Changing the Culture**

What will it take for future generations to change from being self-centered with unrealistic expectations and minimal skills, while experiencing unhealthy emotions, to learn how to acquire the ethics of loyalty, character, and American sacrifice? The focus is on changing our future generations' personal attitudes to transform the inner and outer aspects of their lives. Why did the Black Lives Matter Movement cause so much chaos?

### **The “Do-Gooders”**

Many well-meaning people want to “do the right thing.” They propose changes but inflict and propagate their agendas without fully understanding the consequences or ramifications on

society. The range of issues includes parenting, the education system, dealing with mental health, gun violence, corporate greed, student debt, climate change, corruption in the government, allocation of funds, religion, end of life decisions, pro-life issues and abortion, marriage, overpopulation, and resource allocation.

## **Part 4 - Moving Forward**

### **Child Development and Parenting**

An understanding of the biological differences in the brains of males and females is presented.

### **The Raising of Girls and Boys**

Historical aspects regarding raising girls and boys are reviewed. Different parenting skills are explored and analyzed, in addition to suggestions on how to bring up an emotionally healthy child.

### **Last Thoughts to Ponder**

It is a challenge to move forward positively, rather than focus on negative aspects of life that leave humans feeling hopeless and pessimistic.

## **Epilogue: February 2020 in the United States –**

**The Arrival of a Foreign Visitor, Coronavirus COVID-19**

All the cultural issues and problems in American society discussed in the preceding chapters of this book may or may not exist any longer. Our world, as we once knew it, has completely shut down due to the deadly virus, COVID-19.

### **During the Coronavirus Pandemic of 2020**

A comparison of this pandemic to past pandemics: How did this one start? How did the US government and Americans deal with this disaster? How did other countries perform in comparison to the US? What were our shortfalls? How did Americans feel while being challenged by the pandemic? What did people do to assist others?

### **After the Coronavirus Pandemic of 2020**

Lessons learned from other countries dealing with the pandemic are reviewed. Why did the countries with female leaders do better? Why is America #1 in the greatest number of infections and deaths? What is the emotional toll of the pandemic? What do we have to do better as a society? What happened in America due to poor leadership dealing with the pandemic? How should government officials prepare us for such future disasters? How will life change after the pandemic? What were the benefits in climate change due to the pandemic? What will people remember, and who will be affected the most from the pandemic? What will change within us and the US after the pandemic?

## **Acknowledgements**

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## **Corporate Greed vs. Worker & Consumer Benefits**

It appears that some people in our society focus solely on how much money they can make regardless of how it is earned. Most problems revolve around corporate greed. Companies will do anything to increase their profits instead of investing in benefits for the workers or consumers. Executives have worked out “golden parachute” deals with companies. It is an agreement between the CEO and the company, formulated for the CEO to receive substantial benefits and a large compensation as a severance package when the company is taken over by another company or for several other reasons, like being fired or quitting the job. In essence, it is a guaranteed financial insurance policy before they have even begun their new position, valued at millions of dollars and even with stock options.<sup>138</sup>

Abigail Disney, the heiress to the Walt Disney Company, recently said she was appalled that Disney’s CEO received sixty-six million dollars in 2018. “It’s time to call out Disney and anyone else rich off their workers’ backs. Abigail recommended that Disney start remedying the problem by slicing their bonuses in half and distributing the money to the lowest-paid 10% of the workers.”<sup>139</sup> A day trip to Disneyland for a family of four, two parents and two children over the age of ten years old, will cost \$450, with an individual ticket price per person of \$112.50.<sup>140</sup> This entrance fee does not include parking for a single vehicle which is \$25.00, nor does it include a hotel stay for one night for four people, or the cost of meals for the day. Do Disney executives realize that many families must work a week or more

to be able to afford close to one thousand dollars for a day's outing? It is outrageous. Since the parks are packed, I guess many families are making sacrifices. There is not much of an incentive to lower the price and capitalism flourishes.

Working conditions for employees in corporations do not always include payment and compensation for overtime, vacation and holiday time, job security, work intensity, teamwork, autonomy and freedom, flexibility and working hours, and health and safety. Before the pandemic, across America, the unemployment rate was low, but we are still hearing about plants closing, workers being laid off, stagnant wages, and poor, unsafe working conditions. Since CEOs are so well-compensated, why are the workers not receiving a wage increase or improved working conditions, especially if the company is very profitable? Apparently, this is a subject many business schools debate with various outcomes, depending on which side of the argument you are on. It has been reported that even when CEOs have not well-managed their companies, they are still receiving an outstanding financial package. Yet, some employees are fired immediately for poor performance.

“In the 2015-2016 election cycle, businesses outspent unions 16-to-1, \$3.4 billion to \$213 million, according to the non-partisan Center for Responsive Politics. Each year all of the nation's unions spend about \$48 million on lobbying in Washington, while corporate America spends \$2.5 billion, more than fifty times as much. This corporate spending has made many legislators in Congress far more attentive to corporations than to workers, thus the rush to cut corporate taxes, but the failure to increase the minimum wage.”<sup>141</sup> Unfortunately, the



assumption is that unions represent workers, which sadly is not always the case. They usually represent their own management, hence why many of them are in jail.

Elizabeth Warren, a senator, who was running for the Democratic bid for president in the 2020 election, has proposed legislation that will increase workers' participation in large American corporations. It also permits employees to become forty percent of the members of the corporate board of directors.<sup>142</sup> Co-determination provides the workers with the rights to participate in the management of their company.

In Germany and other countries in the European Union, workers sit alongside corporate board members. They have a right to seats on corporate boards. "In companies with 500 to 2,000 employees, one-third the number of seats, and half the number of seats in companies with more than 2,000 employees. This supervisory board can appoint and dismiss management. They can review management's performance. They give advice and assist in developing the company's strategic goals and objectives. The members receive financial and other crucial information related to the company's performance. They also receive a list of operations to approve before implementation within the corporation."<sup>143</sup> Unfortunately, even in Germany, there is great debate about how well this works, most evidenced by the fact that German industry has been stagnant for decades. There are few innovations or patents coming out of German companies, few are in the top 100-list in Europe. Co-determination is an interesting idea, but its success is questionable.

America is already seething with anger and civil unrest, which may well lead to a civil war. The stimulus package from the pandemic proved that the rich continue to fill their coffers with little concern or care for the struggling poor citizens who were desperate for aid during this unprecedented time in our history. My fear is that America will not be destroyed by external forces but from inside the nation, just like the Roman Empire was torn down from within the country and community, due to corruption, greed and unwillingness to take care of the workers. All the military power will not stop this erosion of community and societal values, like an apple rotting from its core. We will continue to experience severe cultural demise until major changes are initiated and instituted.

## **Financial Crisis of Student Debt**

Another troubling financial dilemma within the United States is the extraordinary amount of student debt. In 2019, student debt has reached \$1.5 trillion spread across 45 million borrowers with a loan delinquency rate of 11.4%, (90 days plus delinquent.)<sup>144</sup> The rising cost of college has reached an average of over \$26,000 per year for a four-year public university, and \$35,000 for a four-year private college. At the end of 2018, the average student loan debt was over \$35,000.

While training as a medical doctor living in the United Kingdom, most of my education was paid for by the British government. Here in the United States, most medical students graduate from the university with a student loan debt of over \$200,000. The United Kingdom had a great system in place to assist students financially if their families were unable to afford to pay for their college degree. However, as of 1998, attendance at public universities in the United Kingdom is no longer free, but the fees are much more reasonable than here in America.

“In 2017, in the United States, New York State became the first state to offer a tuition- free education at all CUNY and SUNY (City and State Universities of New York), two and four-year colleges. It is the Excelsior Scholarship Program.”<sup>145</sup> Eleven states have adopted promise programs offering students two years of free college tuition for associate degree programs and vocational programs. Nine other states are working on legislation to assist students with tuition at state public colleges.<sup>146</sup>

In the United States, many scholarships and grants are available, but post-graduate colleges, like medical school and law school, must be funded by the students' families and college loans. According to the AAMC (Association of American Colleges), the average annual cost of public medical school, including tuition, fees, and health insurance is \$34,000 for in-state tuition and \$58,000 for out-of-state students in 2016-2017.<sup>147</sup> Instead of going straight into medical, dental or other post graduate schools, students have to get a four-year degree. This is not the system in the United Kingdom or Europe.

According to a report in CNN Money, a congressional committee was looking into the issue of wealthy universities with big endowments, charging their students way too much money for tuition."<sup>148</sup> And despite these endowments, many colleges and universities have raised tuition far above inflation,"<sup>149</sup> wrote the committee heading up the inquiry. "Harvard's endowment, the largest in the country, was at nearly \$36 billion. According to the National Association of College and University Business Officers, about 90 other colleges have endowments valued at more than \$1 billion."<sup>150</sup> Private colleges, which are the most likely to have big endowments, charge an average price of \$43,370 a year for tuition, fees, room and board. That amount is 80% of the median family income of an American family. These figures are from 2016. They have certainly increased since then.

The larger question is why is it necessary for everyone to obtain a four-year degree? We spend a lot of resources offering people four-year degrees that they are not really qualified to seek and will never use. In this case, Germany and other European

countries, and South Korea have instituted vocational training and an apprentice system. It would be much more beneficial to give students coming out of high school an opportunity to train in a skill or vocation to make a living. America is facing an unprecedented skilled labor shortage. According to the Department of Labor, the US economy had 7.6 million unfilled jobs, but only 6.5 million people were looking for work as of January 2019.<sup>151</sup> This issue is partly due to our culture's emphasis on going to college. Many high schools look to their university placement as the best judge of a quality education. That statistic discriminates against students for whom college is just not a good fit, especially when schools do little to inform students of non-collegiate options. Employers are having trouble filling jobs for skilled trade workers (especially chefs/bakers/butchers, mechanics, and electricians). There is a shortage of drivers, especially for truckers transporting heavy goods, delivery and courier service, and construction truck operators. Another cause for the labor shortage is that automation has moved slower than predicted. Robots haven't successfully replaced the cashiers, tellers, and customer-service reps that interact with customers.

Bernie Sanders, a Democratic candidate who ran for the presidency of the United States, is a champion of debt-free college. In June 2019, Mr. Sanders, along with other House Democratic Progressives proposed a bill to eliminate all federal loan student debt and to forgive the debts of 45 million graduates. He has stated that within six months, all debts would be removed. To pay for this \$2.2 trillion debt, there would be a Wall Street Speculation Tax on all financial investment transactions. Legislators agree that it is time for Wall Street to

bail out college graduates after we bailed out Wall Street after the banking and real estate crisis in 2007–2009.<sup>152</sup> In fact, very few legislators agreed with him, hence the bill has not gone anywhere. There are many unanswered questions. Will there be student loan forgiveness for students who dropped out of college and never completed their degree requirements? Who will decide which students are released from their college loan debt obligations? Are the students who secured these educational loans learning financial responsibility through loan forgiveness? And what are the rewards for the students who have paid off their college loans? What about the disparity between irresponsible students who have defaulted on their loans, and those who have been financially responsible?

## Misplaced Societal Values

Societal values in the United States are misplaced. Do football players who tackle and throw a ball down the field, basketball players who dunk a shot, and golfers who drive a golf ball down a fairway several hundred yards, deserve to be paid millions of dollars while teachers make next to nothing? What has happened in America with our system of justice and fairness, honesty, responsibility, service to others, and consideration to our families and communities?

Wherever we turn in our society today, there is an abuse of power, corruption, greed, and a substantial loss of respect for one another. The sole emphasis is on money, how much you can earn, and how quickly you can amass a fortune. Even teenagers today can make a substantial living playing video games and entering national competitions. This year the Fortnite World Cup Championship awarded prize money of \$30 Million. The national event featured the game “Defense of the Ancients,” a multiplayer online battle arena where each team is trying to destroy their opponents’ heavily guarded structure at the opposing side of a map.<sup>153</sup>

In direct contrast, teachers in the United States receive astronomically less in annual salaries. Yet, the success of our economy rests on their shoulders. They are responsible for educating and preparing our children for future professions. Where is the social justice or awareness that our emphasis on athletic ability is not improving the welfare of our community? Americans can name their favorite sports team and football quarterback, but they cannot name a single individual who was

awarded a distinguished Nobel Prize this year. These prestigious awards are for intellectual achievement in the six categories of physics, chemistry, medicine, literature, economic sciences, and peace. “The 2019 Nobel Prize for Physiology or Medicine was awarded to William G. Kaelin Jr., Sir Peter J. Ratcliffe, and Gregg L. Semenza. The trio identified molecular machinery that regulates the activity of genes in response to varying levels of oxygen. Their work has paved the way for promising new strategies to fight anemia, cancer, and many other diseases.”<sup>154</sup> These Nobel Prize awardees have contributed significantly to our society by advancing the progress of medicine and assisting in saving lives through their breakthrough discoveries. They will receive this distinguished honor, a medal, and a share of a cash prize of about \$1.1 Million. Saving humanity receives less than twenty percent of the average football quarterback’s salary of \$6 Million in 2019.<sup>155</sup> And we wonder why our children focus solely on self-gratification and consumerism to the extreme. Sadly, our values have become all about fame and earning millions of dollars, not what one can contribute to our society.



## **Note from the Author**

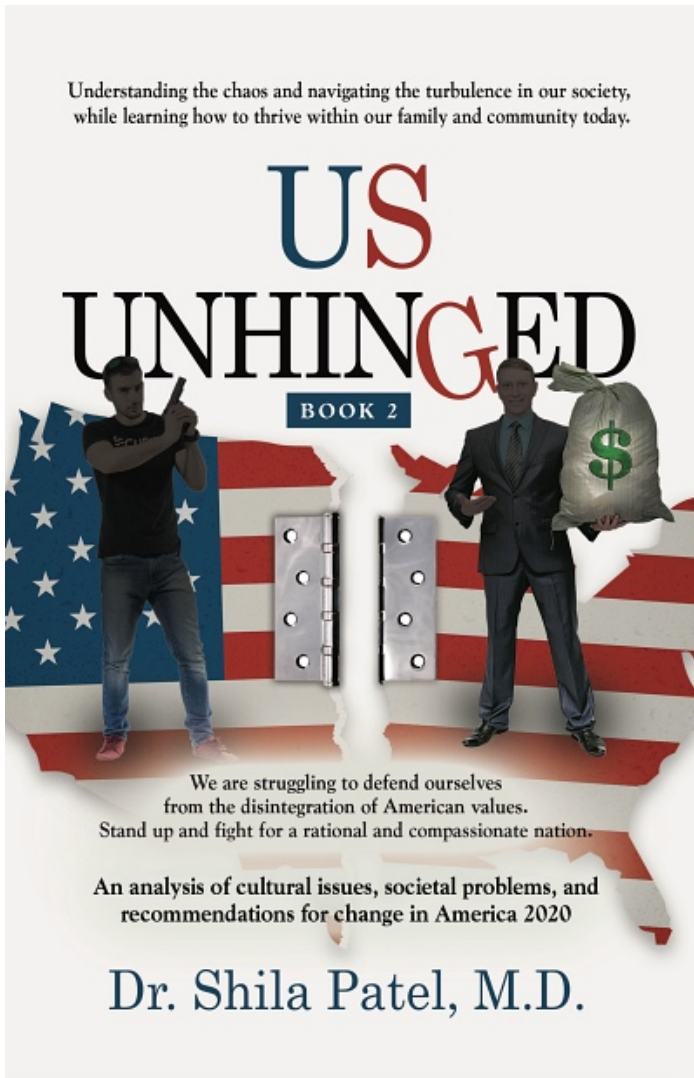
When I first started writing this book, I was mainly interested in exploring the ramifications of the #MeToo Movement and the impact of school shootings in the United States. These topics dominated the media in 2018. As time passed, I felt compelled to write about other societal issues. After finishing the book, it included so much information that I needed to divide the book into two parts: the first, exploring relationships as a couple or a family unit. The second, examining societal issues and the all-encompassing Covid-19 pandemic of 2020.

At the present time, I am contemplating a third book based on the fracture of American society beginning with the events of January 6th, 2021, the rioting and insurrection at the Capital Building in Washington D.C., and loss of freedom for women in what they can and cannot do with their own bodies. Multiple issues involving the vaccinated and the unvaccinated citizens of the US, ramifications for the children and the mental health of all involved, needs to be explored, analyzed, and understood. We are in the throes of a cultural collapse of our society. Self-destructive behavior, irrational thinking, and general mistrust of all authoritative figures have infiltrated every facet of our daily lives. It is only with an in-depth analysis and discussion of these issues that we can restore our beliefs in what it means to be an American living in the United States of America.

Word-of-mouth is crucial for any author to succeed. If you enjoyed reading *Us Unhinged*, please leave a review on the webpage or email at [usunhinged@gmail.com](mailto:usunhinged@gmail.com). Your comments will be very much appreciated.

Thank you!

Dr. Shila Patel, M.D.



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