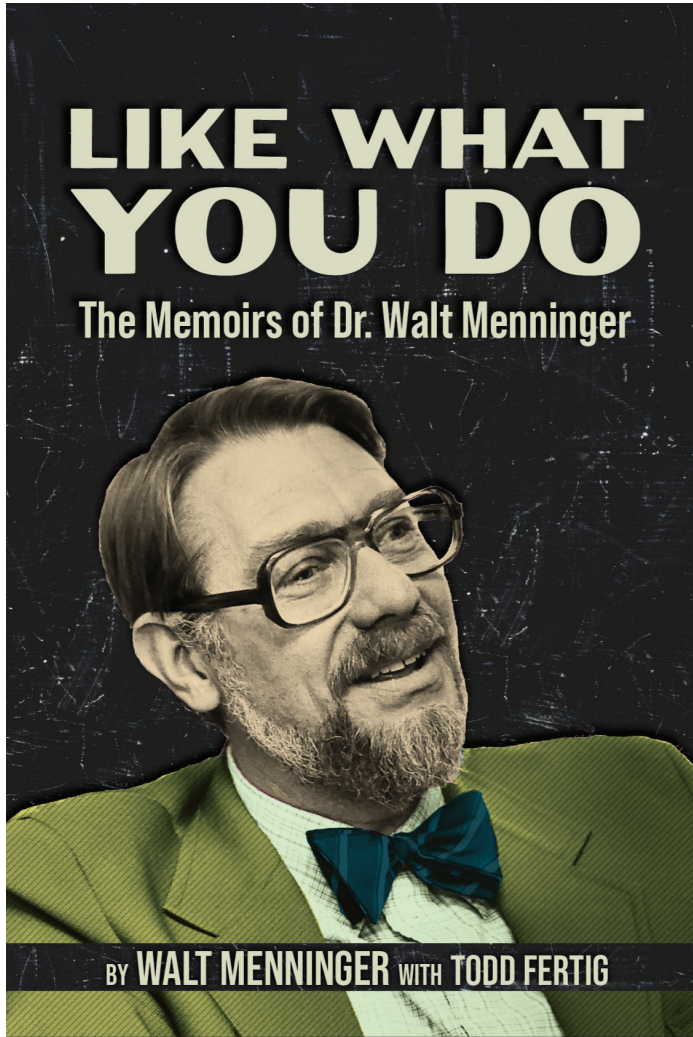


# BOOK RELEASE: SEPTEMBER 2024

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## BOOK SYNOPSIS:

Dr. Walt Menninger's grandfather had a vision for a family practice that would bring healing to people in need. From the humble beginnings of the Menninger Clinic in Topeka, Kansas, grew a nationally preeminent mental health authority, treating patients, training new psychiatrists, and bringing groundbreaking ideas into the common culture.

A third generation Menninger psychiatrist, Dr. Walt led an interesting and varied career that took him to the wilds of the third world as well as the halls of power. He worked with significant figures of his era to shape policy and share the lessons learned at the Menninger Clinic.

Dr. Walt felt his first responsibility was to not tarnish his family's legacy. But it was under his leadership as CEO that

the monumental decision was made to move the Menninger programs from Topeka to Houston. That decision affected thousands of lives and brought an end to more than 75 years of having a Menninger at the head of the organization.

As the Menninger Foundation celebrates its 100th anniversary in 2025, no one knows its history better than Dr. Walt. In this memoir, he relays stories of the institution that have never been revealed while also sharing his personal experiences of triumph and defeat, legacy and loss.

Now in his ninth decade, Dr. Walt believes he has wisdom to share. *Like What You Do* preserves timeless lessons about mental health, morality, religion, violence, and death.

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## BIO:

Dr. Walter Menninger is a third-generation member of a family credited with changing the shape of modern psychiatry. In 1925, his grandfather, father, and uncle established the Menninger Clinic in Topeka, Kansas. "Dr. Walt" served as Dean of the Menninger School of Psychiatry, chief of staff of the Menninger Clinic, and president and CEO of Menninger, the position he held until his retirement in 2001.



An expert in forensic psychiatry, Dr. Walt was a consultant to the U.S. Secret Service and the Federal Bureau of Prisons. Through the US Public Health Service, he was the chief medical officer in a federal reformatory

and served as a psychiatrist for the Medical Program Division of the Peace Corps in its formative days. After the assassination of Robert Kennedy, he was appointed by President Lyndon Johnson to serve on the National Commission on the Causes and Prevention of Violence, the first psychiatrist to be named to a national investigatory commission by a US President.

With an undergraduate degree from Stanford University and a medical degree from Cornell University Medical College, Dr. Walt has received five additional honorary degrees. He describes his greatest accomplishment the family he and his beloved wife Connie raised together, the parents of seven children, including a child who died in infancy. At 92, he continues to live independently in Topeka, working out with his trainer, enjoying the company of those who love him, and participating in several community organizations.

**DR. WALTER MENNINGER** is a third-generation member of a family credited with changing the shape of modern psychiatry, the Menninger Clinic. "Dr. Walt" served as Dean of the Menninger School of Psychiatry, chief of staff of the Menninger Clinic, and president and CEO of Menninger, the position he held until his retirement in 2001.



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COVER DESIGN BY AMY ALBRIGHT  
AUTHOR PHOTO BY MIRANDA CHAVEZ-HAZIM

### PRaise FOR *LIKE WHAT YOU DO*

"...an intimate look into the life and work of a Menninger man who, together with his family, forever altered the way we approach mental health all over the world."

LAURA KELLY, 40TH GOVERNOR OF KANSAS

"A compelling narrative of resilience, innovation, and compassion, this memoir offers a profound look into the life of a pioneer in psychiatry."

YVONNE MALDONADO, MD, VAIRE ENDOWED PROFESSOR OF GLOBAL HEALTH AND INFECTIOUS DISEASES, STANFORD UNIVERSITY SCHOOL OF MEDICINE

"An uplifting volume conveying the deep-held Menninger spirit of community and collaboration that provides hope in these difficult times and this troubled world."

BONNIE J. BUCHELE, PH.D., PRESIDENT-ELECT, AMERICAN PSYCHIATRIC ASSOCIATION

"...a compelling review of an amazing life and life's work... Dr. Walt had a profound impact on peers and patients. His new book is a great read."

KATHLEEN SEBELIUS, 40TH GOVERNOR OF KANSAS, 21ST U.S. SECRETARY OF HEALTH AND HUMAN SERVICES

"Read it! You'll like it and you'll learn a lot!"

JOHN M. OLDSHAM, M.D., DISTINGUISHED DISTRICT PROFESSOR MENNINGER DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES, BAYLOR COLLEGE OF MEDICINE

"A warm and compelling story of a man, a family, and an institution that shaped American psychiatry in the twentieth century...the simplicity and humanity in his explicated solutions to both our individual and societal struggle is inspirational."

JENNIFER F. HAVENS, MD, ARNOLD SIMON PROFESSOR AND CHAIR, DEPARTMENT OF CHILD AND ADOLESCENT PSYCHIATRY, NYU ROSSMAN SCHOOL OF MEDICINE

"Dr. Walt" provides advice, guidance, and direction that offers a handbook for our own lives."

TED O. AYRES, VICE PRESIDENT AND GENERAL COUNSEL, EMERITUS, WIKITA STATE UNIVERSITY AND PRODUCER AND HOST OF *WISDE: THE COVER, PUS KANSAS*

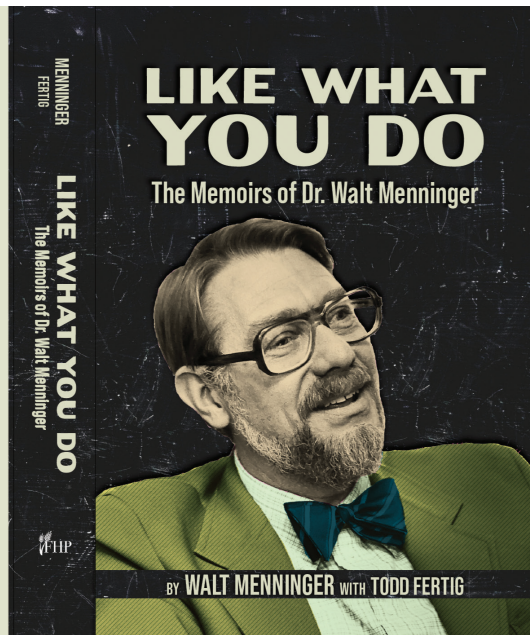
"...interesting and insightful...the perfect gift to share with anyone interested in psychiatry, history, leadership, and humanity."

LINDA P. JEFFREY, PRESIDENT, KANSAS STATE HISTORICAL SOCIETY

"Anybody interested not just in the evolution of modern psychiatry, but also in the meaning of a life well lived, should read this book."

HARVEY KURZWEIL, TRUSTEE, MENNINGER CLINIC, 1986 TO DATE; FELLOW, INTERNATIONAL ACADEMY OF TRIAL LAWYERS; PARTNER, WINSTON & STRAIN LLP LAW FIRM

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## ENDORSEMENTS:

“Dr. Walt is truly ‘a man for all seasons.’ This memoir is an intimate look into the life and work of a Menninger man who, together with his family, forever altered the way we approach mental health all over the world.”

**LAURA KELLY, 48TH GOVERNOR OF KANSAS**

“Explore the extraordinary life of Dr. Walter Menninger in this captivating book. From his formative years in a renowned family of psychiatrists to his groundbreaking contributions in mental health, Dr. Menninger shares his journey navigating the complexities of the human mind. With honesty and insight, he reflects on pivotal moments, professional triumphs, and the evolution of psychiatric care. A compelling narrative of resilience, innovation, and compassion, this memoir offers a profound look into the life of a pioneer in psychiatry.”

**YVONNE MALDONADO, MD, TAUBE ENDOWED PROFESSOR OF GLOBAL HEALTH AND INFECTIOUS DISEASES, STANFORD UNIVERSITY SCHOOL OF MEDICINE**

“*Like What You Do* is a compelling review of an amazing life and life’s work. From Dr. Walt’s marriage to his college sweetheart and parenting six children to his leadership of both the Topeka State Hospital and the Menninger Foundation at a time when mental health was often overlooked as an essential component of a healthy life, Dr. Walt had a profound impact on peers and patients. His new book is a great read.”

**KATHLEEN SEBELIUS, 44TH GOVERNOR OF KANSAS, 21ST U.S. SECRETARY OF HEALTH AND HUMAN SERVICES**

“Dr. Walt’s memoir, *Like What You Do*, reads like a history of psychiatry and the mental health professions in the USA during his 90-plus years; it is written from the unique view of a remarkable man standing on the shoulders of brilliant others in this preeminent family of the period who birthed a vision of alleviating human suffering. Yet his style is candid, humble, filled with wisdom, relatable, and infused with that amazing ability to distill complex concepts, both psychological and environmental, into common sense discourse that was Menninger. An uplifting volume conveying the deeply-held Menninger spirit of community and collaboration that provides hope in these difficult times and this troubled world.”

**BONNIE J. BUCHELE, PH.D., PRESIDENT-ELECT, AMERICAN PSYCHOANALYTIC ASSOCIATION**

“I guarantee you will like what you read, if you read *Like What You Do, The Memoirs of Dr. Walt Menninger*. What a privilege to be invited to take a journey at Walt’s side, as he paints a vivid picture of his amazing life and career. Most interested readers will already know a lot about the remarkable Menninger dynasty and the truly international impact of the Menninger Clinic. But there’s a lot you won’t know, unless you read the book—from his very personal family tales, to his heady and influential leadership roles, serving as a rudder in the mental health and political winds of the world. Read it! You’ll like it and you’ll learn a lot!”

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**TED D. AYRES, VICE PRESIDENT AND GENERAL COUNSEL EMERITUS, WICHITA STATE UNIVERSITY AND PRODUCER AND HOST OF INSIDE THE COVER, PBS KANSAS**

“Dr. Walt’s book is truly a tour de force. He combines a fascinating personal story with a compelling picture of how modern American psychiatry has evolved, and the challenges it has faced, from the early 1920s when his grandfather started the ‘family business’ with his two physician sons, Will and Karl, to the passing of the baton to Dr. Walt and before him his brother Roy, two sons of Dr. Will. And what a saga it is. Anybody interested not just in the evolution of modern psychiatry, but also in the meaning of a life well lived, should read this book.”

**HARVEY KURZWEIL, TRUSTEE, MENNINGER CLINIC, 1998 TO DATE; FELLOW, INTERNATIONAL ACADEMY OF TRIAL LAWYERS; PARTNER, WINSTON & STRAWN LLP LAW FIRM**

“Dr. Walt Menninger shares with us the uniqueness and the commonness of the Menninger family as he recounts adventures and occurrences from his life and that of his family. His wisdom and life lessons are easily grasped as you read the stories. This is a historical work presented by a living legend of the psychiatric family dynasty. It is interesting and insightful, a book to be read and treasured, and the perfect gift to share with anyone interested in psychiatry, history, leadership, and humanity.”

**LINDA P. JEFFREY, PRESIDENT, KANSAS STATE HISTORICAL SOCIETY**

“Anyone interested in the history of psychiatry, including an insider’s perspective on the world-renowned Menninger Clinic, will not want to miss reading Dr. Walt Menninger’s memoir.”

**HARRIET LERNER, PH.D., AUTHOR OF THE DANCE OF ANGER AND WOMEN IN THERAPY**

“In addition to being a full personal memoir, *Like What You Do* is an historical account of the Menninger Mental Health Clinic in Topeka, from its inception through the transition to Baylor University. Dr. Walter Menninger lived that history, both professionally and as a member of the family. The book is a multi-dimensional, fun, and remarkable read.”

**DAVID HOLLOWAY, EMERITUS DIRECTOR APPRENTICE SINGERS’ PROGRAM, SANTA FE OPERA**