

Anatomy Of An Epidemic

The New York Times best-selling author of *My Stroke of Insight* blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our way to peace. For half a century we have been trained to believe that our right brain hemisphere is our emotional brain, while our left brain houses our rational thinking. Now neuroscience shows that it's not that simple: in fact, our emotional limbic tissue is evenly divided between our two hemispheres. Consequently, each hemisphere has both an emotional brain and a thinking brain. In this groundbreaking new book, Dr. Jill Bolte Taylor presents these four distinct modules of cells as four characters that make up who we are: Character 1, Left Thinking; Character 2, Left Emotion; Character 3, Right Emotion; and Character 4, Right Thinking. Everything we think, feel, or do is dependent upon brain cells to perform that function. Since each of the Four Characters stems from specific groups of cells that feel unique inside of our body, they each display particular skills, feel specific emotions, or think distinctive thoughts. In *Whole Brain Living*, Dr. Taylor shows us how to get acquainted with our own Four Characters, observe how they show up in our daily life, and learn to identify and relate to them in others as well. And she introduces a practice called the Brain Huddle--a tool for bringing our Four Characters into conversation with one another so we can tap their respective strengths and choose which one to embody in any situation. The more we

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become familiar with each of the characters in ourselves and others, the more power we gain over our thoughts, our feelings, our relationships, and our lives. Indeed, we discover that we have the power to choose who and how we want to be in every moment. And when our Four Characters work together and balance one another as a whole brain, we gain a radical new road map to deep inner peace.

In *Blaming the Brain* Elliott Valenstein exposes the many weaknesses inherent in the scientific arguments supporting the widely accepted theory that biochemical imbalances are the main cause of mental illness. He lays bare the commercial motives of drug companies and their huge stake in expanding their markets. This provocative book will force patients, practitioners, and prescribers alike to rethink the causes of mental illness and the methods by which we treat it.

An account of the Elaine Massacre in Hoop Spur, Arkansas, traces the events that led to the killings of more than 100 black citizens by white mobs and federal troops, describing the related condemnations of twelve African-American men, the contributions of former slave and attorney Scipio Africanus Jones, and the landmark *Moore v. Dempsey* case. Reprint.

In the early years of the 18th century, a band of French scientists set off on a daring, decade-long expedition to South America in a race to measure the precise shape of the earth. Like Lewis and Clark's exploration of the American West, their incredible mission revealed the mysteries of a little-known continent to a world hungry for discovery.

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Scaling 16,000-foot mountains in the Peruvian Andes, and braving jaguars, pumas, insects, and vampire bats in the jungle, the scientists barely completed their mission. One was murdered, another perished from fever, and a third—Jean Godin—nearly died of heartbreak. At the expedition's end, Jean and his Peruvian wife, Isabel Gramesón, became stranded at opposite ends of the Amazon, victims of a tangled web of international politics. Isabel's solo journey to reunite with Jean after their calamitous twenty-year separation was so dramatic that it left all of 18th-century Europe spellbound. Her survival—unprecedented in the annals of Amazon exploration—was a testament to human endurance, female resourcefulness, and the power of devotion. Drawing on the original writings of the French mapmakers, as well as his own experience retracing Isabel's journey, acclaimed writer Robert Whitaker weaves a riveting tale rich in adventure, intrigue, and scientific achievement. Never before told, *The Mapmaker's Wife* is an epic love story that unfolds against the backdrop of "the greatest expedition the world has ever known."

A deeply human story, *Fentanyl, Inc.* is the first deep-dive investigation of a hazardous and illicit industry that has created a worldwide epidemic, ravaging communities and overwhelming and confounding government agencies that are challenged to combat it. "A whole new crop of chemicals is radically changing the recreational drug landscape," writes Ben Westhoff. "These are known as Novel Psychoactive Substances (NPS) and they include replacements for known drugs like heroin, cocaine, ecstasy, and

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marijuana. They are synthetic, made in a laboratory, and are much more potent than traditional drugs”—and all-too-often tragically lethal. Drugs like fentanyl, K2, and Spice—and those with arcane acronyms like 25i-NBOMe— were all originally conceived in legitimate laboratories for proper scientific and medicinal purposes. Their formulas were then hijacked and manufactured by rogue chemists, largely in China, who change their molecular structures to stay ahead of the law, making the drugs’ effects impossible to predict. Westhoff has infiltrated this shadowy world. He tracks down the little-known scientists who invented these drugs and inadvertently killed thousands, as well as a mysterious drug baron who turned the law upside down in his home country of New Zealand. Westhoff visits the shady factories in China from which these drugs emanate, providing startling and original reporting on how China’s vast chemical industry operates, and how the Chinese government subsidizes it. Poignantly, he chronicles the lives of addicted users and dealers, families of victims, law enforcement officers, and underground drug awareness organizers in the U.S. and Europe. Together they represent the shocking and riveting full anatomy of a calamity we are just beginning to understand. From its depths, as Westhoff relates, are emerging new strategies that may provide essential long-term solutions to the drug crisis that has affected so many.

This version is now out of print. An edition with e-book is available under ISBN 97880702041365. *Psychiatric Drugs Explained* contains a clear and comprehensive

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guide to the uses, benefits and impact of psychotropic drugs. It explains how people taking the drugs experience their side effects compared to the benefits they may bring. The fifth edition has been fully revised and updated to include the latest thinking on the rationale for drug treatments to help mental health professionals and service users understand therapeutic decision making. * Organized by disorder * Comprehensive review of drug effects, action and side-effects * 'User issues' boxes to highlight particular problems experienced * Website addresses to allow searching for further information * Questionnaires to help assess side effects Information on: * New antipsychotic drugs and metabolic complications * New antidepressants * How drugs and therapies such as cognitive behavioural therapy interact and compete * Drugs that affect sexual functioning * Evidence-based medicine

Acclaimed medical historian Howard Markel traces the careers of two brilliant young doctors—Sigmund Freud, neurologist, and William Halsted, surgeon—showing how their powerful addictions to cocaine shaped their enormous contributions to psychology and medicine. When Freud and Halsted began their experiments with cocaine in the 1880s, neither they, nor their colleagues, had any idea of the drug's potential to dominate and endanger their lives. *An Anatomy of Addiction* tells the tragic and heroic story of each man, accidentally struck down in his prime by an insidious malady: tragic because of the time, relationships, and health cocaine forced each to squander; heroic in the intense battle each man waged to overcome his affliction. Markel writes of the physical

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and emotional damage caused by the then-heralded wonder drug, and how each man ultimately changed the world in spite of it—or because of it. One became the father of psychoanalysis; the other, of modern surgery. Here is the full story, long overlooked, told in its rich historical context.

Despite apocalyptic predictions from a vocal alliance of health professionals, politicians and social commentators that rising obesity levels would lead to a global health crisis, the crisis has not materialised. In this provocative follow up to his classic work of obesity scepticism, *The Obesity Epidemic*, Michael Gard argues that we have entered into a new, and perhaps terminal, phase of the obesity debate. Evidence suggests that obesity rates are levelling off in Western societies, life expectancies continue to rise in line with rising obesity rates, and across the world policy-makers have remained largely indifferent and inactive in the face of this apparently deadly threat to our health and well-being. Dissecting and dismissing much of the over-blown rhetoric and ideological bias found on both sides of the obesity debate, Gard demonstrates that the science of obesity remains radically uncertain and that it is impossible to establish an objective 'truth' on which to base policy. His powerful and inescapable conclusion is that we should now mark the end of the obesity epidemic. Offering a road map through the maze of claims and counter-claims, while still holding to a sceptical standpoint, this book provides an unparalleled anatomy of obesity as a scientific, political and cultural issue. It is essential reading for anybody with an interest in the science or sociology of

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health and lifestyle.

Psychiatry Under the Influence investigates the actions and practices of the American Psychiatric Association and academic psychiatry in the United States, and presents it as a case study of institutional corruption.

demonstrates the physical, psychological, and social harm resulting from the label schizophrenic and the continuous need to reexamine the underpinnings and attitudes of psychiatry. Booklist Of all the books written about schizophrenianone is more comprehensive, accurate, thorough, and clearer in style and statement than John Modrows classic How to Become a Schizophrenic. Modrow, who is a recovered schizophrenic and is, perhaps, the unrecognized and unappreciated worlds foremost authority on this disorder, has performed a truly invaluable service and has made the major contribution to our understanding of the causes and cures of this pseudodisease. Robert A Baker, Ph.D., former chairman of the Department of Psychology, University of Kentucky; author of They Call It Hypnosis, Hidden Memories: Voices and Visions from Within and Mind Games: Are We Obsessed with Therapy? One of the best things Ive read on the subjectI am struck by the richness of the ideas and the research and the soundness of the conclusions. Peter Breggin, M.D., founder and director of the International Center for the Study of Psychiatry and Psychology; author of Toxic Psychiatry and Talking Back to Prozac a very important contribution to the field. Theodore Lidz, M.D., former chairman of the Department of Psychiatry, Yale University;

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author of *The Origin and Treatment of Schizophrenic Disorders and Schizophrenia and the Family* well researched and easily readable (a difficult combination to achieve)! Judi Chamberlin, author of *On Our Own: Patient-Controlled Alternatives to the Mental Health System* meticulously challenges all the major research that claims that schizophrenia is a biological disorder. Ty C. Colbert, Ph.D., author of *Broken Brains or Wounded Hearts: What Causes Mental Illness* Before reading the book, I was largely convinced that schizophrenia was primarily a brain disease. Modrow has forced me to take a second look, however, and reconsider the psychological causes of the condition. The Vancouver Sun it is ennobling that despite bad and discouraging treatment he was able to understand himself and others, and share that acquired knowledge in an accurate and helpful way. Bertram P. Karon, PhD., professor of clinical psychology, Michigan State University; author of *Psychotherapy of Schizophrenia* gives clear proof that theres real hope. Truly a remarkable book! Alan Caruba, Bookviews

HIV on TV: Popular Culture's Epidemic is a critical analysis of the ways television has portrayed HIV. Spanning time, genres, and viewpoints *HIV on TV* offers a challenge for viewers, media writers, even political figures in the ways they think about, and frame, the continued epidemic that is HIV.

Revealing the way accepted psychological guidelines are established, typically by a conservative group of white males, a cautionary manual argues that standard life problems are often misdiagnosed as mental disorders.

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Updated with bonus material, including a new foreword and afterword with new research, this New York Times bestseller is essential reading for a time when mental health is constantly in the news. In this astonishing and startling book, award-winning science and history writer Robert Whitaker investigates a medical mystery: Why has the number of disabled mentally ill in the United States tripled over the past two decades? Interwoven with Whitaker's groundbreaking analysis of the merits of psychiatric medications are the personal stories of children and adults swept up in this epidemic. As *Anatomy of an Epidemic* reveals, other societies have begun to alter their use of psychiatric medications and are now reporting much improved outcomes . . . so why can't such change happen here in the United States? Why have the results from these long-term studies—all of which point to the same startling conclusion—been kept from the public? Our nation has been hit by an epidemic of disabling mental illness, and yet, as *Anatomy of an Epidemic* reveals, the medical blueprints for curbing that epidemic have already been drawn up. Praise for *Anatomy of an Epidemic* "The timing of Robert Whitaker's *Anatomy of an Epidemic*, a comprehensive and highly readable history of psychiatry in the United States, couldn't be better."—Salon "Anatomy of an Epidemic offers some answers, charting controversial ground with mystery-novel pacing."—TIME "Lucid, pointed and important, *Anatomy of an Epidemic* should be required reading for anyone considering extended use of psychiatric medicine. Whitaker is at the height of his powers." —Greg Critser, author of *Generation Rx*

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The chapters in this book cover yellow fever, diseases in cities, John Snow's cholera, mapping symptoms, 'Asiatic Cholera', cancer as cholera, and much, much more. In this book, France's leading medical anthropologist takes on one of the most tragic stories of the global AIDS crisis—the failure of the ANC government to stem the tide of the AIDS epidemic in South Africa. Didier Fassin traces the deep roots of the AIDS crisis to apartheid and, before that, to the colonial period. One person in ten is infected with HIV in South Africa, and President Thabo Mbeki has initiated a global controversy by funding questionable medical research, casting doubt on the benefits of preventing mother-to-child transmission, and embracing dissidents who challenge the viral theory of AIDS. Fassin contextualizes Mbeki's position by sensitively exploring issues of race and genocide that surround this controversy. Basing his discussion on vivid ethnographical data collected in the townships of Johannesburg, he passionately demonstrates that the unprecedented epidemiological crisis in South Africa is a demographic catastrophe as well as a human tragedy, one that cannot be understood without reference to the social history of the country, in particular to institutionalized racial inequality as the fundamental principle of government during the past century. Bertoloni Meli's critical study of this key figure and the works of his contemporaries—including Borelli, Swammerdam, Redi, and Ruysch—opens a wonderful window onto the scientific and medical worlds of the seventeenth century. The emergence of severe acute respiratory syndrome (SARS) in late 2002 and 2003

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challenged the global public health community to confront a novel epidemic that spread rapidly from its origins in southern China until it had reached more than 25 other countries within a matter of months. In addition to the number of patients infected with the SARS virus, the disease had profound economic and political repercussions in many of the affected regions. Recent reports of isolated new SARS cases and a fear that the disease could reemerge and spread have put public health officials on high alert for any indications of possible new outbreaks. This report examines the response to SARS by public health systems in individual countries, the biology of the SARS coronavirus and related coronaviruses in animals, the economic and political fallout of the SARS epidemic, quarantine law and other public health measures that apply to combating infectious diseases, and the role of international organizations and scientific cooperation in halting the spread of SARS. The report provides an illuminating survey of findings from the epidemic, along with an assessment of what might be needed in order to contain any future outbreaks of SARS or other emerging infections.

A wide-ranging study that illuminates the connection between epidemic diseases and societal change, from the Black Death to Ebola This sweeping exploration of the impact of epidemic diseases looks at how mass infectious outbreaks have shaped society, from the Black Death to today. In a clear and accessible style, Frank M. Snowden reveals the ways that diseases have not only influenced medical science and public health, but also transformed the arts, religion, intellectual history, and warfare. A

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multidisciplinary and comparative investigation of the medical and social history of the major epidemics, this volume touches on themes such as the evolution of medical therapy, plague literature, poverty, the environment, and mass hysteria. In addition to providing historical perspective on diseases such as smallpox, cholera, and tuberculosis, Snowden examines the fallout from recent epidemics such as HIV/AIDS, SARS, and Ebola and the question of the world's preparedness for the next generation of diseases.

Updated with bonus material, including a new foreword and afterword with new research, this New York Times bestseller is essential reading for a time when mental health is constantly in the news. In this astonishing and startling book, award-winning science and history writer Robert Whitaker investigates a medical mystery: Why has the number of disabled mentally ill in the United States tripled over the past two decades? Interwoven with Whitaker's groundbreaking analysis of the merits of psychiatric medications are the personal stories of children and adults swept up in this epidemic. As *Anatomy of an Epidemic* reveals, other societies have begun to alter their use of psychiatric medications and are now reporting much improved outcomes . . . so why can't such change happen here in the United States? Why have the results from these long-term studies--all of which point to the same startling conclusion--been kept from the public? Our nation has been hit by an epidemic of disabling mental illness, and yet, as *Anatomy of an Epidemic* reveals, the medical blueprints for curbing that epidemic

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An updated edition of the classic history of schizophrenia in America, which gives voice to generations of patients who suffered through "cures" that only deepened their suffering and impaired their hope of recovery Schizophrenics in the United States currently fare worse than patients in the world's poorest countries. In Mad in America, medical journalist Robert Whitaker argues that modern treatments for the severely mentally ill are just old medicine in new bottles, and that we as a society are deeply deluded about their efficacy. The widespread use of lobotomies in the 1920s and 1930s gave way in the 1950s to electroshock and a wave of new drugs. In what is perhaps Whitaker's most damning revelation, Mad in America examines how drug companies in the 1980s and 1990s skewed their studies to prove that new antipsychotic drugs were more effective than the old, while keeping patients in the dark about dangerous side effects. A haunting, deeply compassionate book -- updated with a new introduction and prologue bringing in the latest medical treatments and trends -- Mad in America raises

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important questions about our obligations to the mad, the meaning of "insanity," and what we value most about the human mind.

From "the most powerful psychiatrist in America" (New York Times) and "the man who wrote the book on mental illness" (Wired), a deeply fascinating and urgently important critique of the widespread medicalization of normality Anyone living a full, rich life experiences ups and downs, stresses, disappointments, sorrows, and setbacks. These challenges are a normal part of being human, and they should not be treated as psychiatric disease. However, today millions of people who are really no more than "worried well" are being diagnosed as having a mental disorder and are receiving unnecessary treatment. In *Saving Normal*, Allen Frances, one of the world's most influential psychiatrists, warns that mislabeling everyday problems as mental illness has shocking implications for individuals and society: stigmatizing a healthy person as mentally ill leads to unnecessary, harmful medications, the narrowing of horizons, misallocation of medical resources, and draining of the budgets of families and the nation. We also shift responsibility for our mental well-being away from our own naturally resilient and self-healing brains, which have kept us sane for hundreds of thousands of years, and into the hands of "Big Pharma," who are reaping multi-billion-dollar profits. Frances cautions that the new edition of the "bible of psychiatry," the *Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5)*, will turn our current diagnostic inflation into hyperinflation by converting millions of "normal" people into

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"mental patients." Alarming, in DSM-5, normal grief will become "Major Depressive Disorder"; the forgetting seen in old age is "Mild Neurocognitive Disorder"; temper tantrums are "Disruptive Mood Dysregulation Disorder"; worrying about a medical illness is "Somatic Symptom Disorder"; gluttony is "Binge Eating Disorder"; and most of us will qualify for adult "Attention Deficit Disorder." What's more, all of these newly invented conditions will worsen the cruel paradox of the mental health industry: those who desperately need psychiatric help are left shamefully neglected, while the "worried well" are given the bulk of the treatment, often at their own detriment. Masterfully charting the history of psychiatric fads throughout history, Frances argues that whenever we arbitrarily label another aspect of the human condition a "disease," we further chip away at our human adaptability and diversity, dulling the full palette of what is normal and losing something fundamental of ourselves in the process. Saving Normal is a call to all of us to reclaim the full measure of our humanity.

A pioneering neuroscientist argues that we are more than our brains To many, the brain is the seat of personal identity and autonomy. But the way we talk about the brain is often rooted more in mystical conceptions of the soul than in scientific fact. This blinds us to the physical realities of mental function. We ignore bodily influences on our psychology, from chemicals in the blood to bacteria in the gut, and overlook the ways that the environment affects our behavior, via factors varying from subconscious sights and sounds to the weather. As a result, we alternately overestimate our capacity for

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free will or equate brains to inorganic machines like computers. But a brain is neither a soul nor an electrical network: it is a bodily organ, and it cannot be separated from its surroundings. Our selves aren't just inside our heads--they're spread throughout our bodies and beyond. Only once we come to terms with this can we grasp the true nature of our humanity.

A Pulitzer Prize–winning New York Times reporter exposes the roots of the opioid epidemic at the hands of Purdue Pharma and Raymond and Mortimer Sackler in *Pain Killer*, a “timely, compelling, important” (The Seattle Times) story of corporate greed and government negligence. “Groundbreaking . . . *Pain Killer* is the shocking account of the origins of today’s opioid epidemic, the creators of this plague, and the way to help stop it.”—Sam Quinones, author of *Dreamland: The True Tale of America’s Opiate Epidemic Between 1999 and 2017*, an estimated 250,000 Americans died from overdoses involving prescription painkillers, a plague ignited by Purdue Pharma’s aggressive marketing of OxyContin. Families, working class and wealthy, have been torn apart, businesses destroyed, and public officials pushed to the brink. Meanwhile, the drugmaker’s owners, Raymond and Mortimer Sackler, whose names adorn museums worldwide, made enormous fortunes from the commercial success of OxyContin. In *Pain Killer*, Barry Meier tells the story of how Purdue turned OxyContin into a billion-dollar blockbuster. Powerful narcotic painkillers, or opioids, were once used as drugs of last resort for pain sufferers. But Purdue launched an unprecedented

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marketing campaign claiming that the drug's long-acting formulation made it safer to use than traditional painkillers for many types of pain. That illusion was quickly shattered as drug abusers learned that crushing an Oxy could release its narcotic payload all at once. Even in its prescribed form, Oxy proved fiercely addictive. As OxyContin's use and abuse grew, Purdue concealed what it knew from regulators, doctors, and patients. Here are the people who profited from the crisis and those who paid the price, those who plotted in boardrooms and those who tried to sound alarm bells. A country doctor in rural Virginia, Art Van Zee, took on Purdue and warned officials about OxyContin abuse. An ebullient high school cheerleader, Lindsey Myers, was reduced to stealing from her parents to feed her escalating Oxy habit. A hard-charging DEA official, Laura Nagel, tried to hold Purdue executives to account. In this updated edition of *Pain Killer*, Barry Meier breaks new ground in his decades-long investigation into the opioid epidemic. He takes readers inside Purdue to show how long the company withheld information about the abuse of OxyContin and gives a shocking account of the Justice Department's failure to alter the trajectory of the opioid epidemic and protect thousands of lives. Equal parts crime thriller, medical detective story, and business exposé, *Pain Killer* is a hard-hitting look at how a supposed wonder drug became the gateway drug to a national tragedy.

A COMPREHENSIVE WAKE-UP CALL FOR PATIENTS AND PROFESSIONALS

Antidepressants breaks down the growing issue of antidepressant use, harm and

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dependence—how we got to this point, what’s happening worldwide every single day, and most importantly, where we go from here. Providing information that both patients and mental health professionals desperately need, *Antidepressed* exposes the holes in mental health systems and highlights the desperate need for reform. Featuring compelling accounts from real people whose lives have been irrevocably harmed by prescription antidepressants, *Antidepressed* provides proof that there is no such thing as a magic pill—and that pretending otherwise risks the lives and well-being of those who need help the most.

A cautionary assessment of the rising frequency of brain injuries among young athletes counsels parents on the risks associated with head trauma while identifying factors that contribute to missed diagnoses and brain damage, in a reference that is complemented by illustrative true stories.

A groundbreaking, science-based approach to addiction that addresses it as the chronic brain disease it is and offers a proven lifelong treatment plan. In *The Anatomy of Addiction*, readers will discover information and advice on: - normal vs. problem drinking - new medications that are now available - medical and psychiatric complications of different addictions - the importance of treating a dual diagnosis (such as addiction and borderline personality disorder or depression) - maintenance therapy - when and how to seek treatment, and the roles family

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members should play - effective strategies for treating the teenage addict - inpatient and outpatient treatment services Using proven research and methods, top addiction professional Akikur Mohammad, MD, addresses how to understand and treat multiple types of addiction, from heroin and opiates to alcohol and prescription pills. As engaging as it is informative, *The Anatomy of Addiction* is a crucial, science-based action plan to help addicts--and their families, friends, and caregivers--conquer addiction once and for all.

One of *Entertainment Weekly's* Top 10 Nonfiction Books of the Decade A definitive history of the successful battle to halt the AIDS epidemic, here is the incredible story of the grassroots activists whose work turned HIV from a mostly fatal infection to a manageable disease. Almost universally ignored, these men and women learned to become their own researchers, lobbyists, and drug smugglers, established their own newspapers and research journals, and went on to force reform in the nation's disease-fighting agencies. From the creator of, and inspired by, the seminal documentary of the same name, *How to Survive a Plague* is an unparalleled insider's account of a pivotal moment in the history of American civil rights.

Based on interviews with scientists and corporate executives in the nation's most powerful pharmaceutical companies, this probing look at the state of the nation's

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health in the midst of a pharmaceutical revolution concludes that America's love affair with drugs is radically transforming the nation, beginning with the youngest generation. Reprint.

Breaking Bipolar is an empowering self-help book with clear, detailed instructions on how to create a powerful battle plan to BREAK the hold bipolar disorder has on your life, and eliminate bipolar episodes for good.

Following in the footsteps of the success of The Completion Process, bestselling author and modern spiritual leader, Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique; the Connection Process Teal offers a way to experience connection once again. Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect. Loneliness, is a feeling of separation or isolation, it is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to

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share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a 'receiver' and a 'journeyer'. Through a series of exercises each person experiences 'walls' and 'blockages' as they move through the process both participants face their fears learning from these to reach a place of unconditional love and acceptance.

An Observer Book of the Year A Times Science Book of the Year A New Statesman Book of the Year A Financial Times Science Book of the Year 'It is hard to imagine a more timely book ... much of the modern world will make more sense having read it.' The Times A deadly virus suddenly explodes into the population. A political movement gathers pace, and then quickly vanishes. An idea takes off like wildfire, changing our world forever. We live in a world that's more interconnected than ever before. Our lives are shaped by outbreaks - of disease, of misinformation, even of violence - that appear, spread and fade away with bewildering speed. To understand them, we need to learn the hidden laws that govern them. From 'superspreaders' who might spark a pandemic or bring down a financial system to the social dynamics that make loneliness catch on, The Rules of Contagion offers compelling insights into human behaviour and explains how we can get better at predicting what happens next. Along the way, Adam Kucharski explores how innovations spread through friendship networks,

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what links computer viruses with folk stories - and why the most useful predictions aren't necessarily the ones that come true.

An account of the mysterious fatal disease traced to a hotel in Philadelphia in 1976.

There's a silent epidemic in western civilization, and it is right under our noses. Our jaws are getting smaller and our teeth crooked and crowded, creating not only aesthetic challenges but also difficulties with breathing. Modern orthodontics has persuaded us that braces and oral devices can correct these problems. While teeth can certainly be straightened, what about the underlying causes of this rapid shift in oral evolution and the health risks posed by obstructed airways? Sandra Kahn and Paul R. Ehrlich, a pioneering orthodontist and a world-renowned evolutionist, respectively, present the biological, dietary, and cultural changes that have driven us toward this major health challenge. They propose simple adjustments that can alleviate this developing crisis, as well as a major alternative to orthodontics that promises more significant long-term relief. Jaws will change your life. Every parent should read this book.

Anatomy of an Epidemic Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America Crown

Do antidepressants work? Of course—everyone knows it. Like his colleagues, Irving Kirsch, a researcher and clinical psychologist, for years referred patients to psychiatrists to have their depression treated with drugs before deciding to investigate for himself just how effective the drugs actually were. Over the course of the past fifteen years, however, Kirsch's research—a thorough analysis of decades of Food and Drug Administration data—has demonstrated that

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what everyone knew about antidepressants was wrong. Instead of treating depression with drugs, we've been treating it with suggestion. The Emperor's New Drugs makes an overwhelming case that what had seemed a cornerstone of psychiatric treatment is little more than a faulty consensus. But Kirsch does more than just criticize: he offers a path society can follow so that we stop popping pills and start proper treatment for depression.

In an extensively revised new edition of the successful *Anorexia and Bulimia*, Richard Gordon includes new information and discussion of the latest ideas in this rapidly growing research field. The past two decades have witnessed an enormous increase in the number of cases of eating disorders in industrial societies.

IN THIS STIRRING AND BEAUTIFULLY WRITTEN WAKE-UP CALL, psychiatrist Daniel Carlat exposes deeply disturbing problems plaguing his profession, revealing the ways it has abandoned its essential purpose: to understand the mind, so that psychiatrists can heal mental illness and not just treat symptoms. As he did in his hard-hitting and widely read *New York Times Magazine* article "Dr. Drug Rep," and as he continues to do in his popular watchdog newsletter, *The Carlat Psychiatry Report*, he writes with bracing honesty about how psychiatry has so largely forsaken the practice of talk therapy for the seductive—and more lucrative—practice of simply prescribing drugs, with a host of deeply troubling consequences. Psychiatrists have settled for treating symptoms rather than causes, embracing the apparent medical rigor of DSM diagnoses and prescription in place of learning the more challenging craft of therapeutic counseling, gaining only limited understanding of their patients' lives. Talk therapy takes time, whereas the fifteen-minute "med check" allows for more patients and more insurance company reimbursement. Yet DSM diagnoses, he shows, are premised on a good

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deal less science than we would think. Writing from an insider's perspective, with refreshing forthrightness about his own daily struggles as a practitioner, Dr. Carlat shares a wealth of stories from his own practice and those of others that demonstrate the glaring shortcomings of the standard fifteen-minute patient visit. He also reveals the dangers of rampant diagnoses of bipolar disorder, ADHD, and other "popular" psychiatric disorders, and exposes the risks of the cocktails of medications so many patients are put on. Especially disturbing are the terrible consequences of overprescription of drugs to children of ever younger ages. Taking us on a tour of the world of pharmaceutical marketing, he also reveals the inner workings of collusion between psychiatrists and drug companies. Concluding with a road map for exactly how the profession should be reformed, *Unhinged* is vital reading for all those in treatment or considering it, as well as a stirring call to action for the large community of psychiatrists themselves. As physicians and drug companies continue to work together in disquieting and harmful ways, and as diagnoses—and misdiagnoses—of mental disorders skyrocket, it's essential that Dr. Carlat's bold call for reform is heeded.

Ground-breaking work on the dangers of anti-depressants and why the FDA continues to approve them. Lots of anecdotes, well-written, author will be on tour in the U.S. Good media lining up, very controversial author.

A stunningly powerful novel of humanity's will to survive against all odds during an epidemic by a winner of the Nobel Prize for Literature. An International Bestseller • "This is a shattering work by a literary master."—*Boston Globe* A city is hit by an epidemic of "white blindness" which spares no one. Authorities confine the blind to an empty mental hospital, but there the criminal element holds everyone captive, stealing food rations and raping women. There is one

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eyewitness to this nightmare who guides seven strangers—among them a boy with no mother, a girl with dark glasses, a dog of tears—through the barren streets, and the procession becomes as uncanny as the surroundings are harrowing. A magnificent parable of loss and disorientation, *Blindness* has swept the reading public with its powerful portrayal of our worst appetites and weaknesses—and humanity's ultimately exhilarating spirit. "This is a an important book, one that is unafraid to face all of the horror of the century."—Washington Post A New York Times Notable Book of the Year A Los Angeles Times Best Book of the Year

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