

By Peter R Breggin Md Heart Of Being Helpful Empathy And The Creation Of A Healing Presence 1st First Edition Paperback

The Icarus Project and Freedom Center's expanded 52-page guide gathers the best information we've come across and the most valuable lessons we've learned about reducing and coming off psychiatric medication. Includes info on mood stabilizers, anti-psychotics, anti-depressants, anti-anxiety drugs, risks, benefits, wellness tools, withdrawal, detailed Resource section, information for people staying on their medications, and much more. Written by Will Hall, with a 14-member health professional Advisory board providing research assistance and 24 other collaborators involved in developing and editing. The guide has photographs and art throughout, and a beautiful original cover painting by Ashley McNamara.

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; 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

Psychiatric Drug WithdrawalA Guide for Prescribers, Therapists, Patients and Their FamiliesSpringer Publishing Company

Every year, one in four American adults suffers from a diagnosable mental health disorder. In these true stories, writers and their loved ones struggle as their worlds are upended. What do you do when your father kills himself, or your mother is committed to a psych ward, or your daughter starts hearing voices telling her to harm herself—or when you yourself hear such voices? Addressing bipolar disorder, OCD, trichillomania, self-harm, PTSD, and other diagnoses, these stories vividly depict the difficulties and sorrows—and sometimes, too, the unexpected and surprising rewards—of living with mental illness.

At a time when biological psychiatry claims that drugs and electroshock are the best methods for helping deeply disturbed persons, mental health professionals need to be reminded that psychological and social approaches to mental illnesses remain more effective, less harmful, and much more able to address the real needs of recovery, growth, and development for affected persons. Psychosocial Approaches to Deeply Disturbed Persons empowers counselors, psychiatrists, psychologists, and social workers to trust their intuitive and clinical understanding of how to help seriously disturbed people through humane, caring approaches. Psychosocial Approaches to Deeply Disturbed Persons introduces mental health professionals to an array of psychological and social alternatives that are available for helping patients considered “psychotic” or very emotionally disturbed. Focusing on psychological and social approaches to helping people who become labeled “psychotic” or who carry serious psychiatric diagnoses, contributors show mental health professionals psychological, social, and spiritual alternatives for approaching or treating these individuals. Readers learn about: a successful model for nonmedical, non-drug residential treatment centers utilizing the artwork of psychotic patients case histories of psychoanalytic therapy group therapy to help families with a “schizophrenic” member improve communication Re-evaluation Counseling (RC) with disturbed individuals psychoanalytically-oriented therapy World Health Organization research which demonstrates the positive effect of extended family and social relationships and the negative effect of modern biopsychiatric treatment research demonstrating the efficacy of psychotherapy with persons labeled “schizophrenic” These chapters combined with a review of empirical studies demonstrate to readers the efficacy of psychotherapy with psychotic patients. Students or experienced professionals in any of the mental health fields, including psychotherapy, counseling, clinical psychology, clinical social work, and Re-evaluation Counseling will find Psychosocial Approaches to Deeply Disturbed Persons a necessity for most effectively and humanely treating clients with serious psychiatric diagnoses.

Reveals potential links between psychiatric medication and dangerous abnormal behaviors including suicide, emotional breakdowns, and violent acts; in a cautionary guide that argues that patients are rendered unaware of their mental deteriorations and have become victims of the medical establishment. Reprint.

Millions of children take Ritalin for Attention-Deficit Hyperactivity Disorder. The drug's manufacturer, Novartis, claims that Ritalin is the "solution" to this widespread problem. But hidden behind the well-oiled public-relations machine is a potentially devastating reality: children are being given a drug that can cause the same bad effects as amphetamine and cocaine, including behavioral disorders, growth suppression, neurological tics, agitation, addiction, and psychosis. Talking Back to Ritalin uncovers these and other startling facts and translates the research findings for parents and doctors alike. An advocate for education not medication, Dr. Breggin empowers parents to channel distracted, disenchanting, and energetic children into powerful, confident, and brilliant members of the family and society.

COVID-19 and the Global Predators is much more than an analysis of the current exploitation of humanity under cover of the SARS-CoV-2 pandemic. It discloses for the first time the actual blueprint and master plan that that was ten years in the making by global predators before the pandemic: a plan to reorganize the world in the name of public health. Billionaires, government agencies, giant funds, and major industries collaborated years ahead of time to lay the groundwork for what would become Operation Warp Speed and the Great Reset in 2020. All this is disclosed, individuals and groups are named, and their plans for the future are documented. The book concludes with chapters on what America and the world must do in the coming weeks and months to save humanity's freedoms. Many top medical and public health experts treating and examining COVID 19 agree this is the most comprehensive book about who and what is behind the draconian measures that are crushing individual freedoms and many of the societies and economies of the Western World including the United States, Canada, Great Britain, and Australia. Three of these medical doctors have confirmed this in their introductions to the book: physicians Peter McCullough MD MPH, Vladimir "Zev" Zelenko MD and Elizabeth Lee Vliet MD. They are echoed by endorsements from Robert F Kennedy Jr. and Paul Alexander PhD. This book thoroughly documents solid answers to these tragic questions about the global predators who are reaping enormous benefits from COVID-19 suffering including wealth, power and the destruction of America as an opposition to globalism. Who are the "they"-these Global Predators? What are their motives and their plans for us? How can we defend against them? Why did they: ? Plan Warp Speed for a SARS-CoV pandemic years before it came? ? Distribute mRNA and DNA vaccines that

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killed lab animals and now humans? ? Collaborate with the Chinese making pandemic viruses & bioweapons? ? Hide the origin of SARS-CoV-2 in the Wuhan Institute? ? Let China spread the virus around the world on passenger planes? ? Give so much power to Dr. Anthony Fauci? Why do they continue to: ? Prohibit cheap, available, safe and effective COVID-19 treatments? ? Impose draconian closures on our society and economy? ? Disproportionately harm or destroy small businesses and churches? ? Make us wear masks and distance ourselves from each other? ? Exaggerate the death rate from COVID-19 to frighten us? ? Hide the high and growing vaccine death rate from all of us? ? Make experimental "vaccines" that turn our bodies against ourselves? Dr. Breggin is a physician with 70+ scientific articles and 20+ medical texts and popular books. He is among the world's most experienced medical experts in landmark legal cases in psychiatry and neurosurgery, and now in COVID-19. The Breggins' bestsellers include *Talking Back to Prozac* and *Toxic Psychiatry*. Their research led the United States to cancel the deadly Chinese collaboration. Breggin is an intrepid scholar and is assiduous and methodological as he assembles all the pieces to the puzzle. His research, carried out with his wife Ginger, is impeccable, and his incisive approach sears the neck of those whose aim it is to wield power, control, and instill fear among the world's wealthiest nations.

The *Future of Mental Health* drills to the heart of the current mental health crisis, where hundreds of millions of individuals worldwide receive unwarranted "mental disorder diagnoses." It paints a picture of how mental health providers can improve their practices to better serve individuals in distress and outlines necessary steps for a mental health revolution. Eric Maisel's goal is to inject more human interaction into the therapeutic process. Maisel powerfully deconstructs the "mental disorder" paradigm that is the foundation of current mental health practices. The author presents a revolutionary alternative, a "human experience" paradigm. He sheds a bright light on the differences between so-called "psychiatric medication" and mere chemicals with powerful effects, explains why the DSM-5 is silent on causes, silent on treatment, and wedded to illegitimate "symptom pictures." Maisel describes powerful helping alternatives like communities of care, and explains why one day "human experience specialists" may replace current mental health professionals. An important book for both service providers and service users, *The Future of Mental Health* brilliantly unmask current mental health practices and goes an important step further: it describes what we are obliged to do in order to secure better mental health services and better mental health for everyone. Recommends a program of social and educational changes for improving the relationships between children and adults and reducing violence in children

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—now revised with a new introduction—*Mad in America* raises important questions about our obligations to the mad, the meaning of "insanity," and what we value most about the human mind.

A psychiatrist takes a critical look at this SSRI and newer medications that are among the most frequently prescribed drugs in America. Prozac. Millions of Americans are on it. And just about everyone else is wondering if they should be on it, too. The claims of the pro-Prozac chorus are enticing: that it can cure everything from depression (the only disorder for which Prozac was originally approved) to fear of public speaking, PMS, obesity, shyness, migraine, and back pain—with few or no side effects. But is the reality quite different? At what price do we buy Prozac-induced euphoria and a shiny new personality? Psychiatrist Peter Breggin, MD, and coauthor Ginger Ross Breggin answer these and other crucial questions in *Talking Back to Prozac*. They explain what Prozac is and how it works, and they take a hard look at the real story behind today's most controversial drug: The fact that Prozac was tested in trials of four to six weeks in length before receiving FDA approval. The difficulty Prozac's manufacturer had in proving its effectiveness during these tests. The information on side effects that the FDA failed to include in its final labeling requirements. How Prozac acts as a stimulant not unlike the addictive drugs cocaine and amphetamine. The dangers of possible Prozac addiction and abuse. The seriousness and frequency of Prozac's side effects, including agitation, insomnia, nausea, diarrhea, loss of libido, and difficulty reaching orgasm. The growing evidence that Prozac can cause violence and suicide. The social and workplace implications of using the drug not to cure depression but to change personality and enhance performance. Using dramatic case histories as well as scientific research and carefully documented evidence, the Breggins expose the potentially damaging effects of Prozac. They also describe the resounding success that has been achieved with more humane alternatives for the treatment of depression. *Talking Back to Prozac* provides essential information for anyone who takes Prozac or is considering taking it, and for those who prescribe it. The author describes his longtime battle with ills of manic depression, his desperate search for the ultimate high, the art-forgery scandal that confined him to jail and to house arrest, and his decision to opt for the controversial treatment of electroconvulsive therapy to preserve his sanity. Reprint. 30,000 first printing.

50th Anniversary Edition With a New Preface and Two Bonus Essays The most influential critique of psychiatry ever written, Thomas Szasz's classic book revolutionized thinking about the nature of the psychiatric profession and the moral implications of its practices. By diagnosing unwanted behavior as mental illness, psychiatrists, Szasz argues, absolve individuals of responsibility for their actions and instead blame their alleged illness. He also critiques Freudian psychology as a pseudoscience and warns against the dangerous overreach of psychiatry into all aspects of modern life.

Antidepressant drugs and Depression, low self esteem, violence.

While going through a divorce, documentary filmmaker Katinka Blackford Newman took an antidepressant. Not unusual – except that things didn't turn out quite as she expected. She went into a four-day toxic psychosis with violent hallucinations, imagining she had killed her children, and in fact attacking herself with a knife. Caught up in a real-life nightmare when doctors didn't realise she was suffering side effects of more pills, she went into a year-long decline. Soon she was wandering around in an old dressing gown, unable to care for herself, and dribbling. She nearly lost everything, but luck stepped in; treated at another hospital, she was taken off all the medication and made a miraculous recovery within weeks. By publicising her story, Katinka went on to make some startling discoveries. Could there really be thousands around the world who kill themselves and others from these drugs? What of the billions of dollars in settlements paid out by drug companies? Could they really be the cause of world mass killings, such as the Germanwings pilot who took an airliner down, killing 150, while on exactly the same medication as the author when she became psychotic? And how come so many people are taking these drugs when experts say they are no more effective than a sugarcoated pill for people like her, who are distressed rather than depressed? Moving, frightening and at times funny, this is the story of how a single mum in Harlesden, North-West London, juggles life and her quest for love in order to investigate Big Pharma. For more information visit www.thepillthatsteals.com

The authors of the best-selling *Talking back to Prozac* expose the government and psychiatric establishment's threat to children. From the authors of the best-selling *Talking Back to Prozac* comes the definitive work exposing how mental health agencies and the government are using invalid science for social control rather than addressing the decline of families, schools, and communities as well as escalating racism and poverty. In 1992, Dr. Peter Breggin and Ginger Ross inspired a national campaign against the proposed federal "Violence Initiative", which was aimed at identifying inner-city children with alleged defects that were

said to make them more violent when they reach adulthood.

Based on more than 30 years of clinical experience as a psychiatrist and a therapist, Dr. Breggin's book, now available in an affordable paperback, illustrates the importance of developing a therapeutic bond--or healing presence--between helping professionals and their clients. The author provides useful vignettes, case studies, and personal insights to help both beginning and experienced therapists develop more empathy in therapeutic relationships. He asserts that the first step toward effective treatment is empathic self-transformation in the therapist. It is empathy and self-transformation that lie at the heart of being helpful. Topics include vulnerability, nurturing, helplessness, forgiveness, and spirituality, as well as tips for working with clients in extreme emotional crises, children and families, and patients of culturally diverse backgrounds.

"Selected bibliography of the author": pages 240-242.

Known as the "Ralph Nader of psychiatry," Peter Breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications. This unusual position has given him unprecedented access to private pharmaceutical research and correspondence files, access that informs this straight-talking guide to the most-prescribed and controversial class of psychoactive medications prescribed for children. From how these drugs work in the brain to documented side and withdrawal effects, *The Ritalin Fact Book* is up-to-the-minute and easy-to-access. With its suggestions for non-prescriptive ways to treat ADD and ADHD, it is essential reading for every parent whose child is on or who has been recommended psychoactive medication.

"It was 12 years ago when I moved to Mexico, leaving my comfortable, familiar life and community, driving by myself to start a new life in a foreign country. Some sort of bravado or naivete or, as my friends would say later, courage, allowed me to pooh-pooh concerns about all the unknowns- culture, language, customs-and head off nonetheless." And so begins one of the more than two dozen essays in this anthology, written by "regular" women about their "regular" lives and how they decided to change everything and move to Mexico. In simple, engaging words straight from the heart, the contributors to *Why We Left* share their plans and preparations, hardships and challenges, joys and satisfactions as their journeys to new lives in Mexico unfold.

With the first unified theory of guilt, shame, and anxiety, this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution, child development, and mature adult decision-making. Drawing on evolution, neuroscience, and decades of clinical experience, Dr. Breggin analyzes what he calls our negative legacy emotions--the painful emotional heritage that encumbers all human beings. The author marshals evidence that we evolved as the most violent and yet most empathic creatures on Earth. Evolution dealt with this species-threatening conflict between our violence and our close-knit social life by building guilt, shame, and anxiety into our genes. These inhibiting emotions were needed prehistorically to control our self-assertiveness and aggression within intimate family and clan relationships. Dr. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and demoralizing legacies from our primitive past, which no longer play any useful or positive role in mature adult life. He then guides the reader through the Three Steps to Emotional Freedom, starting with how to identify negative legacy emotions and then how to reject their control over us. Finally, he describes how to triumph over and transcend guilt, shame, and anxiety on the way to greater emotional freedom and a more rational, loving, and productive life.

Prozac, Xanax, Halcion, Haldol, Lithium. These psychiatric drugs--and dozens of other short-term "solutions"--are being prescribed by doctors across the country as a quick antidote to depression, panic disorder, obsessive-compulsive disorder, and other psychiatric problems. But at what cost? In this searing, myth-shattering exposé, psychiatrist Peter R. Breggin, M.D., breaks through the hype and false promises surrounding the "New Psychiatry" and shows how dangerous, even potentially brain-damaging, many of its drugs and treatments are. He asserts that: psychiatric drugs are spreading an epidemic of long-term brain damage; mental "illnesses" like schizophrenia, depression, and anxiety disorder have never been proven to be genetic or even physical in origin, but are under the jurisdiction of medical doctors; millions of schoolchildren, housewives, elderly people, and others are labeled with medical diagnoses and treated with authoritarian interventions, rather than being patiently listened to, understood, and helped. *Toxic Psychiatry* sounds a passionate, much-needed wake-up call for everyone who plays a part, active or passive, in America's ever-increasing dependence on harmful psychiatric drugs.

From the author of *Toxic Psychiatry* and *Talking Back to Prozac*: "Peter Breggin is the conscience of American psychiatry. Once more he updates us on the real evidence with respect to the safety and effectiveness of specific psychiatric medications and ECT. This information is needed by all mental health professionals, as well as patients and families." --Bertram Karon, Ph.D., Professor of Psychology, Michigan State University, Author of *The Psychotherapy of Schizophrenia* "Nowhere does false medical thinking do more harm than in the modern psychiatric argument that mental illness is easily diagnosed and then cured by a side-effect free drug. Nowhere is the correct psychiatric thinking more evident than in the books by Peter Breggin."-- William Glasser, MD, psychiatrist, author of *Reality Therapy In Brain* Disabling Treatments in Psychiatry, renowned psychiatrist Peter R. Breggin, M.D., presents startling scientific research on the dangerous behavioral abnormalities and brain dysfunctions produced by the most widely used and newest psychiatric drugs such as Prozac, Paxil, Zoloft, Cymbalta, Effexor, Xanax, Ativan, Ritalin, Adderall, Concerta, Strattera, Risperdal, Zyprexa, Geodon, Abilify, lithium and Depakote. Many of Breggin's earlier findings have improved clinical practice, led to legal victories against drug companies, and resulted in FDA-mandated changes in what the manufacturers must admit about their drugs. Yet reliance on these drugs has continued to escalate in the last decade, and drug company interests have overwhelmed psychiatric practice. This greatly expanded second edition, supported by the latest evidence-based research, shows that psychiatric drugs achieve their primary or essential effect by causing brain dysfunction, and that they tend to do far more harm than good. New scientific analyses in this completely updated edition include: Chapters covering every new antidepressant and stimulant drug Twenty new guidelines for how to conduct non-drug therapy A chapter describing how to safely withdraw from psychiatric drugs A discussion of "medication

spellbinding," explaining how patients fail to appreciate their drug-induced mental dysfunctions Documentation of how the drug companies control research and the flow of information about psychiatric treatments

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COVID Operation is the origin story of how it all started. Why did it happen and what is next? Who are the major players? How was the plan set in motion? People's freedom has been taken away by this event. Who are the enemies?

Knowledge means power, and people do not question the truth until it is proven a lie. Harness yourself with knowledge and fight for the future generations that will walk the earth. Can we trust public servants, health professionals, and founders and heads of global non-profits? Who is the enemy?

Schizophrenia Spectrum and Other Psychotic Disorder: DSM-5® Selections is crafted around a specific disorder cited in DSM-5®. This selection provides a comprehensive overview of the process of diagnosing schizophrenia spectrum and other psychotic disorders while serving as a reference guide to assist in the diagnosis of individual patients. The disorder-specific resource is an invaluable addition to the DSM-5® collection and an important contribution to the mental health profession. This book contains the critical disorder-specific content from these four titles: • Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®) • DSM-5® Clinical Cases • DSM-5® Self-Exam Questions • DSM-5® Guidebook

An explanation of the common principles of conflict resolution on every level discusses self-help, psychotherapy, and family therapy and discloses the impact and origins of guilt and anxiety.

In this biography, more than 50 years of media excerpts about Dr. Breggin's work are combined with well over 100 contributions and commentaries about his influence from outstanding leaders in the fields of mental health, education, and social reform.

In a bold new approach to the lives of the Founding Fathers and the principles they embraced, Breggin shows how the same ideals that inspired the American Revolution and the Declaration of Independence can motivate and guide people today to live happier and more satisfying lives.

Dr. Hoffer presents the experiences of patients and health care professionals who have gone beyond conventional psychiatry to find mental health in nutritional therapy and orthomolecular medicine. Renowned actor Margot Kidder, who has suffered from manic depression, finally recovered using the orthomolecular treatment regimen developed by Dr. Abram Hoffer, the founding father of this form of treatment. She and other patients discuss their descents into many forms of mental illness, their difficulty in finding successful treatment from conventional psychiatry, and their recovery using an optimum diet, vitamin and mineral supplements and a minimum of pharmacological intervention. Readers learn the fundamentals of this approach to mental illness, and about the resistance of the conventional medical establishment to nutritional therapy for the prevention and treatment of mental illness inspiring new hope for mental health patients, their families and their friends. Margot Kidder starred as Lois Lane in the Superman films and is the official spokesperson of the Canadian Schizophrenia Foundation, the sponsor of the Masks of Madness Project.

Discusses the meaning of depression and the many and various impacts on the brain of SSRI antidepressants, including their dangers, side effects, and the difficulties of withdrawal.

When first published in 1999, Your Drug May Be Your Problem was ahead of its time. The only book to provide an uncensored description of the dangers involved in taking every kind of psychiatric medication, it was also the first and only book to explain how to safely stop taking them. In the time elapsed, there have been numerous studies suggesting or proving the dangers of some psychiatric medications and even the FDA now acknowledges the problems; more studies are under way to determine their long-term and withdrawal effects. In the meantime, this book continues to be ever relevant and helpful. Fully updated to include study results and new medications that have come to market, Your Drug May Be Your Problem will help countless readers exert control over their own psychiatric treatment.

Medications for everything from depression and anxiety to ADHD and insomnia are being prescribed in alarming numbers across the country, but the "cure" is often worse than the original problem. Medication Madness is a fascinating, frightening, and dramatic look at the role that psychiatric medications have played in fifty cases of suicide, murder, and other violent, criminal, and bizarre behaviors. As a psychiatrist who believes in holding people responsible for their conduct, the weight of scientific evidence and years of clinical experience eventually convinced Dr. Breggin that psychiatric drugs frequently cause individuals to lose their judgment and their ability to control their emotions and actions. Medication Madness raises and examines the issues surrounding personal responsibility when behavior seems driven by drug-induced adverse reactions and intoxication. Dr. Breggin personally evaluated the cases in the book in his role as a treating psychiatrist, consultant or medical expert. He interviewed survivors and witnesses, and reviewed extensive medical, occupational, educational and police records. The great majority of individuals lived exemplary lives and committed no criminal or bizarre actions prior to taking the psychiatric medications. Medication Madness reads like a medical thriller, true crime story, and courtroom drama; but it is firmly based in the latest scientific research and dozens of case studies. The lives of the children and adults in these stories, as well as the lives of their families and their victims, were thrown into turmoil and sometimes destroyed by the unanticipated effects of psychiatric drugs. In some cases our entire society was transformed by the tragic outcomes. Many categories of psychiatric drugs can cause potentially horrendous reactions. Prozac, Paxil, Zoloft, Adderall, Ritalin, Concerta, Xanax, lithium, Zyprexa and other psychiatric medications may spellbind patients into believing they are improved when too often they are becoming worse. Psychiatric drugs drive some people into psychosis, mania, depression, suicide, agitation, compulsive violence and loss of self-control without the individuals realizing that their medications have deformed their way of thinking and feeling. This book documents how the FDA, the medical establishment and the pharmaceutical industry have over-sold the value of psychiatric drugs. It serves as a cautionary tale about our reliance on potentially dangerous psychoactive chemicals to

relieve our emotional problems and provides a positive approach to taking personal charge of our lives.

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