

Prozac Diary

Antidepressant drugs and Depression, low self esteem, violence.

Potatoes Not Prozac by Kathleen DesMaisons, PhD, the national bestseller that started the sugar-free revolution, is now fully revised and updated with the latest scientific information and success stories for a new generation of readers. Can't say no to fattening foods, carbs, or alcohol? You may be one of the millions of people who are sugar sensitive. Many people who suffer from sugar sensitivity don't even know it—and they continue to consume large quantities of sweets, breads, pasta, or alcohol. These foods can trigger exhaustion or low self-esteem, yet their biochemical impact makes those who are sugar sensitive crave them even more. This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed, and sometimes alcoholic. Dr. Kathleen DesMaisons came up with the solution and published it in her revolutionary book, Potatoes Not Prozac. In that instant bestseller, she provided the tools needed to overcome sugar dependency, including self-tests and a step-by-step, drug-free program with a customizable diet designed to change your brain chemistry. But now, armed with years of further research and patient feedback, Dr. DesMaisons has improved her groundbreaking plan to make it even more effective and easier to follow. Join the thousands who have successfully healed their addiction to sugar, lost weight, and attained maximum health and well-being by using this updated, innovative plan.

The world of the schizophrenic, the depressed, the suicidal can seem a foreign, frightening place. Now, a brilliant writer/psychologist takes readers on a mesmerizing journey into this enigmatic world. As readers interact through Slater with patients Lenny, Moxi, Oscar, and

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Marie, they come to understand more about the human mind and spirit. First serial to Harper's. I never predicted that I would be providing a detailed account of my struggle with my mental health. Publishing my diary may be the bravest thing I've ever done

Equal parts mail art, data visualization, and affectionate correspondence, *Dear Data* celebrates "the infinitesimal, incomplete, imperfect, yet exquisitely human details of life," in the words of Maria Popova (*Brain Pickings*), who introduces this charming and graphically powerful book. For one year, Giorgia Lupi, an Italian living in New York, and Stefanie Posavec, an American in London, mapped the particulars of their daily lives as a series of hand-drawn postcards they exchanged via mail weekly—small portraits as full of emotion as they are data, both mundane and magical. *Dear Data* reproduces in pinpoint detail the full year's set of cards, front and back, providing a remarkable portrait of two artists connected by their attention to the details of their lives—including complaints, distractions, phone addictions, physical contact, and desires. These details illuminate the lives of two remarkable young women and also inspire us to map our own lives, including specific suggestions on what data to draw and how. A captivating and unique book for designers, artists, correspondents, friends, and lovers everywhere.

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*

Prozac Diaries is an analysis of emerging psychiatric discourses in post-1980s Iran. It examines a cultural shift in how people interpret and express their feeling states, by adopting the language of psychiatry, and shows how experiences that were once articulated in the richly layered poetics of the Persian language became, by the 1990s, part of a clinical discourse on mood and affect. In asking how psychiatric dialect becomes a language of everyday, the book analyzes cultural forms created by this clinical discourse, exploring individual, professional, and generational cultures of medicalization in various sites from clinical encounters and psychiatric training, to intimate interviews, works of art and media, and Persian blogs. Through the lens of psychiatry, the book reveals how historical experiences are negotiated and how generations are formed. Orkideh Behrouzan traces the historical circumstances that prompted

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the development of psychiatric discourses in Iran and reveals the ways in which they both reflect and actively shape Iranians' cultural sensibilities. A physician and an anthropologist, she combines clinical and anthropological perspectives in order to investigate the gray areas between memory and everyday life, between individual symptoms and generational remembering. *Prozac Diaries* offers an exploration of language as experience. In interpreting clinical and generational narratives, Behrouzan writes not only a history of psychiatry in contemporary Iran, but a story of how stories are told.

Outlines a nutrition program that reduces food cravings

In the tradition of Scott Turow's *One L* and Atul Gawande's *Better* comes a real-time, real-life chronicle from an impassioned young doctor on the front lines of high-stakes cardiology. It takes drive, persistence, and plenty of stamina to practice cardiology at the highest level. The competition for training fellowship spots is intense. Hundreds of applicants from all over the world compete to be accepted into the Cardiovascular Disease Training Fellowship at Johns Hopkins. Only nine are chosen each year. This is the story of one of those fellows. In *Alpha Docs*, Daniel Muñoz, M.D., recounts his transformation from wide-eyed young medical student to caring, empathetic professional—providing a rare inside look into the day-to-day operations of one of the world's most prestigious medical institutions. The training is arduous and often unforgiving, as Muñoz and his colleagues are schooled by a staff of brilliant and demanding physicians. How they learn the art and science of untangling cardiac mysteries, how they live up to the standards of an iconic institution, how they survive the pressures and relentlessly push themselves to reach the top ranks of American medicine, supplies the beating heart of this gripping narrative. Readers accompany Muñoz as he interacts with his mentors, diagnoses

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and treats patients, counsels worried family members, and struggles to stay awake for days and nights on end. Lives are saved—and sometimes lost. But the rewards are immediate and the incentives powerful. As Muñoz confides after helping to rescue one man from the throes of a heart attack: “I knew where I wanted to be: not watching but doing, on the side of the glass where I can help shape a patient’s fate. I would be a cardiologist.” A unique yet universal story about striving to be the best in a high-risk, high-impact field, *Alpha Docs* provides fresh perspective on the state of America’s healthcare system as it captures all the fulfillment and frustrations of life as a doctor in the twenty-first century. Praise for *Alpha Docs* “From the book’s beginning, Dr. Daniel Muñoz captivates readers with [the] life-changing story that decided his future. . . . Thoroughly allows readers to understand how cardiologists are made. Highly recommended.”—Medical Library Association “In simple, compelling prose, *Alpha Docs* captures the reader’s attention with gripping case histories, the astonishing breadth and complexity of top-notch medical training, and often wry, sometimes pointed character sketches of the attending physicians.”—Hopkins Medicine magazine “An insider’s view of the high-stakes world of cardiology, *Alpha Docs* offers a vivid and fast-paced exploration of the cauldron that creates doctors in the twenty-first century.”—Danielle Ofri, M.D., Ph.D., author of *What Doctors Feel* “[A] heartfelt medical-education memoir . . . a successful portrayal of just how hard it is, intellectually, emotionally, and physically, to train as a physician specialist.”—Booklist “This engaging book will interest those considering a career in medicine as well as readers who want to learn more about cardiology.”—Library Journal “Muñoz begins to find his niche in the medical world, and his journey will inspire doctors in training and patients alike.”—Publishers Weekly “[A] satisfying immersion into what medical specialization requires .

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. . There is polish to the patient vignettes, giving them deeply human appeal.”—Kirkus Reviews
A portrait of the outsider presidential candidate who captured the American imagination, based on exclusive interviews with Ross Perot, his family, and his business associates He’s a brilliant entrepreneur, a robust patriot, a working-class boy who rose to be a business tycoon. But who is the real Ross Perot? In this definitive biography that everyone who cares about America will want to read, Ken Gross brings to life the man behind the news stories and the sound bites, offering insights into Perot’s gifts for leadership. Here are the experiences that forged Perot’s character and political convictions: his humble childhood in Texas, his naval service, his astounding business success, his daring hostage-rescue mission to Iran. Here are his down-to-earth ideas for re-energizing America. *Ross Perot: The Man Behind the Myth* offers the most revealing and detailed portrait yet of the man who singlehandedly transformed America’s political landscape.

The inspiration for the film starring Tilda Swinton and John C. Reilly, this resonant story of a mother’s unsettling quest to understand her teenage son’s deadly violence, her own ambivalence toward motherhood, and the explosive link between them remains terrifyingly prescient. Eva never really wanted to be a mother. And certainly not the mother of a boy who murdered seven of his fellow high school students, a cafeteria worker, and a much–adored teacher in a school shooting two days before his sixteenth birthday. Neither nature nor nurture exclusively shapes a child’s character. But Eva was always uneasy with the sacrifices and social demotion of motherhood. Did her internalized dislike for her own son shape him into the killer he’s become? How much is her fault? Now, two years later, it is time for her to come to terms with Kevin’s horrific rampage, all in a series of startlingly direct correspondences with

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her estranged husband, Franklin. A piercing, unforgettable, and penetrating exploration of violence and responsibility, a book that the Boston Globe describes as “impossible to put down,” is a stunning examination of how tragedy affects a town, a marriage, and a family. 'Prozac Nation' gives voice to the high incidence of depression amongst young people who are fully entrenched in the culture of divorce, economic instability and AIDS.

The inspiring, heart-rending story of a father's unwavering love for his son. David Goldman and his Brazilian wife, Bruna Bianchi, led what appeared to be a happy life in New Jersey. But in June 2004, Bianchi took their four-year-old son, Sean, to Brazil for what she said would be a two-week vacation. Once there, she informed Goldman that she was staying in Brazil-and keeping Sean, setting in motion an international controversy that would eventually reach the highest levels of the U.S. and Brazilian governments. It would be almost five years before David saw Sean again. What kept David Goldman going when everything looked so hopeless? In *A Father's Love*, Goldman recounts his extraordinary battle, despite overwhelming odds, to bring his abducted son back home. It is a riveting story full of peculiar ironies, unfathomable elements, threats, and legal twists and turns. Goldman describes in detail the wrenching emotions he went through and how he relentlessly rallied support behind the scenes from both high-level U.S. government officials and national media organizations. Father and son were finally reunited in December 2009, and Goldman writes about the challenges he is now facing as he works to rebuild his relationship with his son, and the advocacy work he is doing on behalf of other children in similar circumstances. Goldman's unusual story movingly celebrates an ordinary man's incredible love for and loyalty to his son, and his ability to overcome the unimaginable to keep them together. It is a testament to how connected any father and son

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can be.

Valium. Paxil. Prozac. Prescribed by the millions each year, these medications have been hailed as wonder drugs and vilified as numbing and addictive crutches. Where did this "blockbuster drug" phenomenon come from? What factors led to the mass acceptance of tranquilizers and antidepressants? And how has their widespread use affected American culture? David Herzberg addresses these questions by tracing the rise of psychiatric medicines, from Miltown in the 1950s to Valium in the 1970s to Prozac in the 1990s. The result is more than a story of doctors and patients. From bare-knuckled marketing campaigns to political activism by feminists and antidrug warriors, the fate of psychopharmacology has been intimately wrapped up in the broader currents of modern American history. Beginning with the emergence of a medical marketplace for psychoactive drugs in the postwar consumer culture, Herzberg traces how "happy pills" became embroiled in Cold War gender battles and the explosive politics of the "war against drugs"—and how feminists brought the two issues together in a dramatic campaign against Valium addiction in the 1970s. A final look at antidepressants shows that even the Prozac phenomenon owed as much to commerce and culture as to scientific wizardry. With a barrage of "ask your doctor about" advertisements competing for attention with shocking news of drug company malfeasance, *Happy Pills* is an invaluable look at how the commercialization of medicine has transformed American culture since the end of World War II.

At the age of 15, during one long and difficult summer, Michael Greenberg's daughter, Sally, was struck mad. Her visionary crack-up occurred on the streets of Greenwich Village and continued, among other places, in the lost-in-time world of a Manhattan psychiatric ward during

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New York City's most sweltering months. *Hurry Down Sunshine* is Greenberg's journey toward comprehending mental illness in his own family. With touching honesty and intimacy, he reveals the effect of Sally's mania on those closest to her, including her easygoing brother, her stalwart grandmother, her new-age mother, her artistic, loving stepmother—and, finally, on himself. Unsentimental, nuanced and deeply humane, *Hurry Down Sunshine* is a transcendent memoir about mental illness and the restorative power of one father's love for his daughter. His "black dog"--that was how Winston Churchill referred to his own depression. Today, individuals with feelings of sadness and irritability are encouraged to "talk to your doctor." These have become buzz words in the aggressive promotion of wonder-drug cures since 1997, when the Food and Drug Administration changed its guidelines for the marketing of prescription pharmaceuticals. *Black Dogs and Blue Words* analyzes the rhetoric surrounding depression. Kimberly K. Emmons maintains that the techniques and language of depression marketing strategies--vague words such as "worry," "irritability," and "loss of interest"--target women and young girls and encourage self-diagnosis and self-medication. Further, depression narratives and other texts encode a series of gendered messages about health and illness. As depression and other forms of mental illness move from the medical-professional sphere into that of the consumer-public, the boundary at which distress becomes disease grows ever more encompassing, the need for remediation and treatment increasingly warranted. *Black Dogs and Blue Words* demonstrates the need for rhetorical reading strategies as one response to these expanding and gendered illness definitions.

"Capacious and rigorous . . . *Blue Dreams*, like all good histories of medicine, reveals healing to be art as much as science." --Parul Sehgal, *New York Times* "Terrific." --@MichaelPollan

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"Ambitious...Slater's depictions of madness are terrifying and fascinating." --USA Today "A vivid and thought-provoking synthesis." --Harper's A groundbreaking and revelatory history of psychotropic drugs, from "a thoroughly exhilarating and entertaining writer" (Washington Post). Although one in five Americans now takes at least one psychotropic drug, the fact remains that nearly seventy years after doctors first began prescribing them, not even their creators understand exactly how or why these drugs work--or don't work--on what ails our brains. Blue Dreams offers the explosive story of the discovery and development of psychiatric medications, as well as the science and the people behind their invention, told by a riveting writer and psychologist who shares her own experience with the highs and lows of psychiatric drugs. Lauren Slater's revelatory account charts psychiatry's journey from its earliest drugs, Thorazine and lithium, up through Prozac and other major antidepressants of the present. Blue Dreams also chronicles experimental treatments involving Ecstasy, magic mushrooms, the most cutting-edge memory drugs, placebos, and even neural implants. In her thorough analysis of each treatment, Slater asks three fundamental questions: how was the drug born, how does it work (or fail to work), and what does it reveal about the ailments it is meant to treat? Fearlessly weaving her own intimate experiences into comprehensive and wide-ranging research, Slater narrates a personal history of psychiatry itself. In the process, her powerful and groundbreaking exploration casts modern psychiatry's ubiquitous wonder drugs in a new light, revealing their ability to heal us or hurt us, and proving an indispensable resource not only for those with a psychotropic prescription but for anyone who hopes to understand the limits of what we know about the human brain and the possibilities for future treatments. As women, we know how important it is to take charge of our health care-to be informed and

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proactive. But too often we forget that our mental wellness is an integral part of our overall health. The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions, whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce. Drawing on the latest thinking in psychiatry and psychology, written for women of diverse backgrounds, The Complete Guide to Mental Health for Women begins with Part One, the life cycle, helping women understand the major issues and biological changes associated with young adulthood, middle age, and old age. Specific entries address the psychological importance of women's sexuality, relationships, motherhood, childlessness, trauma, and illness and discuss how social contexts, such as poverty and racism, inevitably affect mental health. Part Two explores specific mental disorders, including those, like postpartum depression, related to times when women are particularly vulnerable to mental illness. Part Three takes a closer look at biological treatments-including the use of antidepressants, and various types of psychotherapy-from cognitive behavioral treatments to EMDR and beyond. The Complete Guide to Mental Health for Women ends with a section on life enhancements-because the activities that help us live fuller, more vital lives are also essential to our mental health. The Complete Guide to Mental Health for Women * Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists * Helps women think through the psychological challenges inherent in the life cycle, from young adulthood through old age * Focuses on key life issues, from sexuality and relationships to trauma and racism * Provides important information on mental disorders, their biological treatments, and psychotherapeutic interventions * Includes a comprehensive list of psychotropic medications, targeted reading suggestions, crucial online

resources, and support groups The Complete Guide to Mental Health for Women covers what every woman should know about: * Aging. What should I expect from menopause? What do I need to know about the benefits and risks of hormone therapy? * Pregnancy. How will becoming a mother change me? How do I overcome postpartum depression? * Childlessness. What if I don't want to be a mother? * Sexuality. Is a "female Viagra" the solution to women's sexual complaints? How does societal ambivalence about women's sexuality affect me? * Body Image and Eating Disorders. Are all eating disorders a reaction to societal pressures to be thin? * Polypharmacy. Why are some patients prescribed more than one type of psychotropic drug? Is this overmedicating? * Finding a Psychotherapist. How do I know if a therapist is right for me? And how do I know what type of therapy I need? * Anger. Why is it the most difficult emotion for many women to express? * EMDR. What exactly is EMDR? Is it a reputable therapy? * Depression and Anxiety. What do I need to know about psychopharmaceuticals? Does talk therapy help? * Complementary Treatments for Depression and Anxiety. Does St. John's Wort really work? What else might help?

Elizabeth Wurtzel's New York Times best-selling memoir, with a new afterword "Sparkling, luminescent prose . . . A powerful portrait of one girl's journey through the purgatory of depression and back." —New York Times "A book that became a cultural touchstone." —New Yorker Elizabeth Wurtzel writes with her finger on the faint pulse of an overdiagnosed generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. Her famous memoir of her bouts with depression and skirmishes with drugs, Prozac Nation is a witty and sharp account of the

psychopharmacology of an era for readers of *Girl, Interrupted* and Sylvia Plath's *The Bell Jar*.

The author of the acclaimed *Welcome to My Country* describes in this provocative and funny memoir the ups and downs of living on Prozac for ten years, and the strange adjustments she had to make to living "normal life." Today millions of people take Prozac, but Lauren Slater was one of the first. In this rich and beautifully written memoir, she describes what it's like to spend most of your life feeling crazy--and then to wake up one day and find yourself in the strange state of feeling well. And then to face the challenge of creating a whole new life. Once inhibited, Slater becomes spontaneous. Once terrified of maintaining a job, she accepts a teaching position and ultimately earns several degrees in psychology. Once lonely, she finds love with a man who adores her. Slater is wonderfully thoughtful and articulate about all of these changes, and also about the downside of taking Prozac: such matters as dependency, sexual dysfunction, and Prozac "poop-out." "The beauty of Lauren Slater's prose is shocking," said *Newsday* about *Welcome to My Country*, and Slater's remarkable gifts as a writer are present here in sentences that are like elegant darts, hitting at the center of the deepest human feelings. *Prozac Diary* is a wonderfully written report from inside a decade on Prozac, and an original writer's acute observations on the

challenges of living modern life.

AC/DC tells the little-known story of how Thomas Edison wrongly bet in the fierce war between supporters of alternating current and direct current. The savagery of this electrical battle can hardly be imagined today. The showdown between AC and DC began as a rather straightforward conflict between technical standards, a battle of competing methods to deliver essentially the same product, electricity. But the skirmish soon metastasized into something bigger and darker. In the AC/DC battle, the worst aspects of human nature somehow got caught up in the wires; a silent, deadly flow of arrogance, vanity, and cruelty. Following the path of least resistance, the war of currents soon settled around that most primal of human emotions: fear. AC/DC serves as an object lesson in bad business strategy and poor decision making. Edison's inability to see his mistake was a key factor in his loss of control over the "operating system" for his future inventions?not to mention the company he founded, General Electric.

This dynamic and richly layered account of mental health in the late twentieth century interweaves three important stories: the rising political prominence of mental health in the United States since 1970; the shifting medical diagnostics of mental health at a time when health activists, advocacy groups, and public figures were all speaking out about the needs and rights of patients; and the

concept of voice in literature, film, memoir, journalism, and medical case study that connects the health experiences of individuals to shared stories. Together, these three dimensions bring into conversation a diverse cast of late-century writers, filmmakers, actors, physicians, politicians, policy-makers, and social critics. In doing so, Martin Halliwell's *Voices of Mental Health* breaks new ground in deepening our understanding of the place, politics, and trajectory of mental health from the moon landing to the millennium.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Acclaimed author Lauren Slater ruminates on what it means to be family. Lauren Slater's rocky childhood left her cold to the idea of ever creating a family of her own, but a husband, two dogs, two children, and three houses later, she came around to the challenges, trials, and unexpected rewards of playing house. In these autobiographical pieces, Slater presents snapshots of domestic life,

populating them with the gritty details and jarring realities of sharing home, life, and body in the curious institution called “family.” She asks difficult questions and probes unsettling truths about sex, love, and parenting. In these pages, Slater introduces us to her struggles with her mother, her determination to make a home of her own, her compromises in deciding to marry (her conflicts manifesting as an affair on the eve of her wedding), her initial struggle to connect with her newborn child, and the dilemmas of mothering with a mental illness. She writes openly about her decision to abort her second pregnancy and her later decision to have a second child after all. She tells us about the searing decision to have elective double mastectomy and how her love for her husband was magically rekindled after she saw him catch fire in a chemical accident. It’s not all mastectomies and chemical fires, though. Slater digs into the everyday challenges of family living, from buying a lemon of a car and fighting back menacing weeds to gaining weight and being jealous of the nanny. Beautifully written, often humorous, and always revealing, these stories scrutinize the complex questions surrounding family life, offering up sometimes uncomfortable truths.

"The beauty of Lauren Slater's prose is shocking," said Newsday about *Welcome to My Country*, and now, in this powerful and provocative new book, Slater

brilliantly explores a mind, a body, and a life under siege. Diagnosed as a child with a strange illness, brought up in a family given to fantasy and ambition, Lauren Slater developed seizures, auras, neurological disturbances--and an ability to lie. In *Lying: A Metaphorical Memoir*, Slater blends a coming-of-age story with an electrifying exploration of the nature of truth, and of whether it is ever possible to tell--or to know--the facts about a self, a human being, a life. *Lying* chronicles the doctors, the tests, the seizures, the family embarrassments, even as it explores a sensitive child's illness as both metaphor and a means of attention-getting--a human being's susceptibility to malady, and to storytelling as an act of healing and as part of the quest for love. This mesmerizing memoir openly questions the reliability of memoir itself, the trickiness of the mind in perceiving reality, the slippery nature of illness and diagnosis--the shifting perceptions and images of who we are and what, for God's sake, is the matter with us. In *Lying*, Lauren Slater forces us to redraw the boundary between what we know as fact and what we believe we create as fiction. Here a young woman discovers not only what plagues her but also what heals her--the birth of sensuality, her creativity as an artist--in a book that reaffirms how a fine writer can reveal what is common to us all in the course of telling her own unique story. About *Welcome to My Country*, the *San Francisco Chronicle* said, "Every page

brims with beautifully rendered images of thoughts, feelings, emotional states." The same can be said about *Lying: A Metaphorical Memoir*.

Frankie Hucklenbroich's razor-edged, compelling, often wryly humorous story hustles us from the blood-and-beer-drenched corners of her St. Louis meat-packing district '50s youth, through the dark sex-soaked Hollywood alleys of her '60s baby butch years, into the druggie metropolis of '70s San Francisco. Moving relentlessly from one woman to another until faces and bodies blur, scamming her existence, Frankie learns what the street has to teach: how to make a buck, how to make it with a woman, how to survive. These are working-class dykes who live by their wits and their guts -- not their politics. Lesbians who pimp their girlfriends and court the dangers of crystal meth. Some, like Frankie, figure out how to shake its demons. Not always a pretty story, but strong and handsomely written, *A Crystal Diary* exposes the author's precarious physical and emotional outlaw world.

Leonard Cohen is one of the great writers, performers, and most consistently daring artists of our time. *Book of Longing* is Cohen's eagerly awaited new collection of poems, following his highly acclaimed 1984 title, *Book of Mercy*, and his hugely successful 1993 publication, *Stranger Music*, a Globe and Mail national bestseller. *Book of Longing* contains erotic, playful, and provocative line

drawings and artwork on every page, by the author, which interact in exciting and unexpected ways on the page with poetry that is timeless, meditative, and at times darkly humorous. The book brings together all the elements that have brought Leonard Cohen's artistry with language worldwide recognition.

Welcome to Giles and Mary reality. Giles is a countryman who relishes solitude. His wife Mary thrives in company and enjoys frequent escapes to London. After thirty years in a marriage of opposites, Giles and Mary have adapted to a life of domestic misunderstandings within comical misadventures. In *The Diary of Two Nobodies*, you will have the unique opportunity to discover, first hand, what occurs when a man who sees himself as a cross between Mr Bean and Basil Fawlty shares his life with a woman who identifies closely with the Queen. Featuring original illustrations by the artist Giles, himself.

Depression has colonized the world. Today, more than 300 million of us have been diagnosed as depressed. But 150 years ago, "depression" referred to a mood, not a sickness. Does that mean people weren't sick before, only sad? Of course not. Mental illness is a complex thing, part biological, part social, its definition dependent on time and place. But in the mid-twentieth century, even as European empires were crumbling, new Western clinical models and treatments for mental health spread across the world. In so doing, "depression" began to displace older ideas like "melancholia," the Japanese "utsushu?," or the Punjabi "sinking heart" syndrome. Award-winning historian Jonathan Sadowsky tells this global story, chronicling the path-breaking work of psychiatrists and pharmacists, and the intimate sufferings of patients. Revealing the continuity of human distress across time and place, he shows us

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how different cultures have experienced intense mental anguish, and how they have tried to alleviate it. He reaches an unflinching conclusion: the devastating effects of depression are real. A number of treatments do reduce suffering, but a permanent cure remains elusive. Throughout the history of depression, there have been overzealous promoters of particular approaches, but history shows us that there is no single way to get better that works for everyone. Like successful psychotherapy, history can liberate us from the negative patterns of the past.

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Through ten examples of ingenious experiments by some of psychology's most innovative thinkers, Lauren Slater traces the evolution of the century's most pressing concerns—free will, authoritarianism, conformity, and morality. Beginning with B. F. Skinner and the legend of a child raised in a box, Slater takes us from a deep empathy with Stanley Milgram's obedience subjects to a funny and disturbing re-creation of an experiment questioning the validity of psychiatric diagnosis. Previously described only in academic journals and textbooks, these often daring experiments have never before been narrated as stories, chock-full of plot, wit, personality, and theme.

I crush up my pills and snort them like dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, *Prozac Nation*, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class

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upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressant medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. *More, Now, Again* is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her life. As honest as a confession and as heartfelt as a prayer, *More, Now, Again* recounts a courageous fight back to a life worth living.

In a controversial look at the potent drugs millions of Americans consume each day--for everything from anxiety to sexual addiction--Dr. Glenmullen presents authoritative information on why they are risky and provides advice on choosing safer alternative treatments. Many of the well-respected scholarly studies of autobiographical writing have little or nothing to say about mental illness. This book uncovers the mysterious relationship between mood disorders and creativity through the lives of seven writers, demonstrating how mental illness is sometimes the driving force behind creativity.

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In an intimate--and hilarious--diary, one dog chronicles his battle with depression, as he loses interest in the finer things in canine life, is diagnosed with the Black Dog of Depression, and rediscovers his Inner Puppy with the help of Prozac. Original.

How do you act? How do you react? What do you do? The Black Girl on Prozac digs deep into the life and thoughts of a once "normal" woman diagnosed with depression and anxiety and prescribed medication. The Black Girl on Prozac is an easy read for anyone struggling with mental health issues and for those who may know someone with mental illness. This is a diary, of sorts, that travels from happiness, sadness, anger, indifference, rage, mania, confusion, and acceptance. This story takes you through the mind of a girl who has no idea how to navigate this new territory, so she shares her feelings with her trusted iPhone.

In the tradition of William Styron's tour de force *Darkness Visible*, *The Body Broken* is a gorgeously told and intensely moving account of one woman's extraordinary odyssey into a life of chronic pain--and of the unyielding resilience of the human spirit. At age nineteen, Lynne Greenberg narrowly survived a devastating car crash. When her broken neck healed--or so everyone thought--her recovery was hailed as a medical miracle and she returned to normal life. Years later, she seemed to have it all: a loving husband, two wonderful children, a peaceful home, and a richly satisfying job as a tenured poetry professor. Then, one morning, this blissful façade shattered--the pain in her neck returned in the most vicious way. A life with physical agony ensued.

Greenberg realized that she had been living for years on borrowed time. As she and her family navigated an increasingly complicated web of doctors and specialists, Greenberg taught herself to fight her own battles—against a medical system ill-equipped to handle patients with chronic pain, and against the emotional pitfalls of a newly restricted life. Drawing on her family’s support, her own indomitable spirit, and an intense connection to the poetry she taught, Greenberg found the strength to return to a productive and satisfying—if irrevocably changed—life. This deeply personal saga takes us to the heart of a family’s struggle to survive a crisis, and shows us how, at the most profound levels, such an odyssey affects a patient’s marriage, the ability to parent, family, work, and friendships. *The Body Broken* is a powerful, lyrical story of one woman’s remarkable determination and breathtaking courage, as she puts mind over matter in the struggle to reclaim her life.

Do antidepressants work, or are they glorified dummy pills? How can we tell? In *Ordinarily Well*, the celebrated psychiatrist and author Peter D. Kramer examines the growing controversy about the popular medications. A practicing doctor who trained as a psychotherapist and worked with pioneers in psychopharmacology, Kramer combines moving accounts of his patients’ dilemmas with an eye-opening history of drug research to cast antidepressants in a new light. Kramer

homes in on the moment of clinical decision making: Prescribe or not? What evidence should doctors bring to bear? Using the wide range of reference that readers have come to expect in his books, he traces and critiques the growth of skepticism toward antidepressants. He examines industry-sponsored research, highlighting its shortcomings. He unpacks the “inside baseball” of psychiatry—statistics—and shows how findings can be skewed toward desired conclusions. Kramer never loses sight of patients. He writes with empathy about his clinical encounters over decades as he weighed treatments, analyzed trial results, and observed medications’ influence on his patients’ symptoms, behavior, careers, families, and quality of life. He updates his prior writing about the nature of depression as a destructive illness and the effect of antidepressants on traits like low self-worth. Crucially, he shows how antidepressants act in practice: less often as miracle cures than as useful, and welcome, tools for helping troubled people achieve an underrated goal—becoming ordinarily well. What would my mother say? How would she want me to handle this situation? How can I make this tough decision and stay true to myself? What would my mother say? Sam Haskell still asks himself these questions every day. When Haskell was young, his devoted mother, Mary, instilled in her son the values of character, faith, and honor by setting an example and asking him to promise to

live his life according to her lessons. He did, and those promises have served Haskell consistently from his Mississippi boyhood to his long career at the venerable William Morris Agency in Beverly Hills. In this inspiring memoir full of touching stories and amusing anecdotes, Haskell reveals how he kept his pledge to his mother to live a decent life—even in the shark-infested waters of Hollywood, where he handled the hottest stars and packaged the highest-rated shows—by refusing to become the cliché of an amoral agent. Here is Haskell as a child in Amory, Mississippi (pop. 7,000), discovering the power of hope as he waits for an unlikely visit from the “Cheer Man” (a representative of the detergent company who gave ten dollars to anyone using the brand), learning humility after pursuing an eighth-grade “Good Citizenship” award he cockily assumed he’d win, confronting the complications of human character when a near-fatal car crash exposed his judgmental father’s true nature. Years later, in Hollywood, Haskell would rely on his mother’s teachings—honesty, self-reliance, and belief in God—as he swiftly rose from the William Morris mailroom to eventually become the company’s Worldwide Head of Television. His capacity for friendship and his insistence on living his version of the Golden Rule (being “thoughtfully political”) allowed him to handle various client crises and the tense negotiations that nearly scuttled the last years of *Everybody Loves Raymond* and the entire existence of

The Fresh Prince of Bel-Air. Haskell has achieved success through self-respect, and from his story we learn how we, too, can maintain our dignity when faced with life's challenges. This stirring memoir is a testament to mothers everywhere who instill in their sons the lasting values they need to become good men and devoted fathers.

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.

Pills replaced the couch; neuroscience took the place of talk therapy; and as psychoanalysis faded from the scene, so did the castrating mothers and hysteric spinsters of Freudian theory. Or so the story goes. In *Prozac on the Couch*, psychiatrist Jonathan Michel Metzler boldly challenges recent psychiatric history, showing that there's a lot of Dr. Freud encapsulated in late-twentieth-century psychotropic medications. Providing a cultural history of treatments for depression, anxiety, and other mental illnesses through a look at the professional and popular reception of three "wonder drugs"—Miltown, Valium, and Prozac—Metzler explains the surprising ways Freudian gender categories and popular gender roles have shaped understandings of these drugs. *Prozac on the Couch* traces the notion of "pills for everyday worries" from the 1950s to the

early twenty-first century, through psychiatric and medical journals, popular magazine articles, pharmaceutical advertisements, and popular autobiographical "Prozac narratives." Metzl shows how clinical and popular talk about these medications often reproduces all the cultural and social baggage associated with psychoanalytic paradigms—whether in a 1956 *Cosmopolitan* article about research into tranquilizers to “cure” frigid women; a 1970s *American Journal of Psychiatry* ad introducing Jan, a lesbian who “needs” Valium to find a man; or Peter Kramer’s description of how his patient “Mrs. Prozac” meets her husband after beginning treatment. *Prozac on the Couch* locates the origins of psychiatry’s “biological revolution” not in the Valiumania of the 1970s but in American popular culture of the 1950s. It was in the 1950s, Metzl points out, that traditional psychoanalysis had the most sway over the American imagination. As the number of Miltown prescriptions soared (reaching 35 million, or nearly one per second, in 1957), advertisements featuring uncertain brides and unfaithful wives miraculously cured by the “new” psychiatric medicines filled popular magazines. Metzl writes without nostalgia for the bygone days of Freudian psychoanalysis and without contempt for psychotropic drugs, which he himself regularly prescribes to his patients. What he urges is an increased self-awareness within the psychiatric community of the ways that Freudian ideas

about gender are entangled in Prozac and each new generation of wonder drugs. He encourages, too, an understanding of how ideas about psychotropic medications have suffused popular culture and profoundly altered the relationship between doctors and patients.

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