

TALKING  
BACK  
TO

PROZAC



WHAT  
DOCTORS AREN'T  
TELLING YOU ABOUT TODAY'S  
MOST CONTROVERSIAL DRUG  
PETER R. BREGGIN, M.D.,  
BESTSELLING AUTHOR OF *TOXIC PSYCHIATRY*  
AND GINGER ROSS BREGGIN

# Talking Back To Prozac

**G Orfield**



## **Talking Back To Prozac:**

**Talking Back to Prozac** Peter R. Breggin, Ginger Ross Breggin, 2014-05-06 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 Peter R Breggin MD is a psychiatrist in private practice in Ithaca New York He is the author of many scientific articles and more than twenty books most recently Medication Madness A Psychiatrist Exposes the Dangers of Mood Altering Medications 2008 Many of his cutting edge discoveries on the dangers of psychiatric drugs have been affirmed by recent scientific research and by FDA regulatory actions He has taught at numerous universities and acts as an expert witness in legal cases involving harm done by psychiatric medication and electroshock Ginger Ross Breggin has coauthored two books with her husband the bestseller Talking Back to Prozac and The War Against Children of Color She is also coeditor of Dimensions of Empathic Therapy For more than a decade she was director of the International Center for the Study of Psychiatry and Psychology and she continues to contribute to her husband s reform work She cofounded the scientific journal Ethical Human Psychology and Psychiatry and was its first managing editor She is also an award winning photographer

**Talking Back to Prozac** Peter Roger Breggin, Ginger Ross Breggin, 2010-01 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

**Talking Back To Prozac** Peter R. Breggin, MD, Ginger Ross Breggin, 1995-09-15 The book that tells the reader the truth behind the testing of prozac and its potentially frightening side effects Find out what Prozac s

label doesn't say the panic and anxiety Prozac can cause not cure what Prozac has in common with cocaine and amphetamines cases of sexual dysfunction from Prozac particularly in men and much more Martin's Press **Talking Back to Prozac** Peter Roger Breggin, Ginger Ross Breggin, 1994 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 M D 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 and 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 BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved Gwen Olsen, 2005-08-01 The United States health care system is killing Americans at an alarming rate even though we spend over fifteen percent of the Gross National Product GNP on health care According to the Journal of the American Medical Association our health care outcomes ranked only fifteenth among twenty five industrialized nations worldwide Adverse effects from prescription drugs have become the third leading killer of Americans Only heart disease and cancer claim more lives We trust our doctors to inform us and our government to protect us from medical malfeasance that may put profits ahead of consumer health and safety But the fine line walked by the FDA between the interests of the pharmaceutical manufacturers and the American public has continually been crossed The result is the unleashing of an unprecedented number of lethal drugs on the U S market Gwen Olsen learned firsthand the danger that lurks in every American's medicine cabinet working in the pharmaceutical industry But her most poignant education would come as a victim and ultimately as a survivor Rigorously researched and documented Confessions of an Rx Drug Pusher God's Call to Loving Arms is a moving human drama that illustrates the catastrophic consequences of a health care system run amuck **Body Talk** Jacquelyn N.

Zita,1998 In this book Jacquelyn N Zita questions the assumptions of heterosexual society queer theory postmodernism and lesbian feminism in order to investigate the relationship between power knowledge identity formation and the body *Let Them Eat Prozac* David Healy,2004 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

**Brain-Disabling Treatments in Psychiatry** Peter R. Breggin,2007-12-17 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 Nail 'Em! Eric Dezenhall,2009-12-04 This fascinating expos provides sobering insights on how falsehoods and distortions can play a role in determining what issues wind up taking center stage in our culture you can help change the system Former Surgeon General C Everett Koop We re gonna nail em That s the threat made against Eric Dezenhall s clients usually corporations and well known people by aggressors trying to launch media hyped smear campaigns and attacks because they feel they ve been wronged or just because they want publicity From Pepsi and ValuJet to Michael Ovitz and Kathy Lee Gifford businesses and celebrities today are finding themselves the front line targets of attacks by the headline seekers the news media corporate stalkers disgruntled former employees individuals looking for a

few minutes of fame and many others And it s crisis managers like Dezenhall who step in to reduce the damage fight the bad publicity and sometimes even turn the wave of negative opinion on the attackers themselves Nail Em is an exploration of the personalities conflicts and motivations involved in such attacks and Dezenhall s unique communications approach to slowing preventing and reversing such situations While illustrating that these attacks are not merely communications problems but real conflicts that can only be stopped when the aggressor is placed in jeopardy the author examines the psychology of the attacker notorious recent cases his personal experiences facts versus falsehoods the role of the news media and the popularity of victims in contemporary America Nail Em lays out a blueprint for reclaiming the public s good favor while erasing the attacker s allegations Eric Dezenhall is a founding partner of Nichols Dezenhall a Washington DC firm that oversees hard news media relations crises and marketplace assaults A graduate of Dartmouth College he also served in Ronald Reagan s White House Office of Communications

*Drugged* Richard J. Miller, 2014 Miller takes readers on an eye opening tour of psychotropic drugs describing the various kinds how they were discovered and developed and how they have played multiple roles in virtually every culture

Psychiatric Drug Withdrawal Peter R. Breggin, 2012-07-19 This is the first book to establish guidelines and to assist prescribers and therapists in withdrawing their patients from psychiatric drugs including those patients with long term exposure to antipsychotic drugs benzodiazepines stimulants antidepressants and mood stabilizers It describes a method developed by the author throughout years of clinical experience consultations with experienced colleagues and scientific research Based on a person centered collaborative approach with patients as partners this method builds on a cooperative and empathic team effort involving prescribers therapists patients and their families or support network The author known for such books as *Talking Back to Prozac* *Toxic Psychiatry* and *Medication Madness* is a lifelong reformer and scientist in mental health whose work has brought about significant change in psychiatric practice This book provides critical information about when to consider psychiatric drug reduction or withdrawal and how to accomplish it as safely expeditiously and comfortably as possible It offers the theoretical framework underlying this approach along with extensive scientific information practical advice and illustrative case studies that will assist practitioners in multiple ways including in how to Recognize common and sometimes overlooked adverse drug effects that may require withdrawal Treat emergencies during drug therapy and during withdrawal Determine the first drugs to withdraw during multi drug therapy Distinguish between withdrawal reactions newly occurring emotional problems and recurrence of premedication issues Estimate the length of withdrawal

The Ritalin Fact Book Peter Breggin, 2009-04-30 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     *Borderline Personality Disorder* Jacqueline Simon Gunn,Brent Potter,2014-11-17 This book is an ideal resource for general readers who want a clear understanding of people suffering with chaotic emotions and for clinicians treating patients for Borderline Personality Disorder BPD The patterns of behavior of those with borderline personality disorder BPD are often frustrating and mystifying to both clinicians and family members despite several decades of study and research on this form of distress Borderline Personality Disorder New Perspectives on a Stigmatizing and Overused Diagnosis presents a thorough critical and historical review of the diagnosis of BPD and explores through academic and clinical narratives the different processes that occur in borderline behavior patterns The authors offer new perspectives that emphasize the whole person rather than a diagnosis addressing the emotional storms and mood instability of BPD providing guidance on managing emotional chaos in the therapeutic relationship and explaining how to use one s own feelings as a clinical tool Their approach gives an intimate experiential feel for the interpersonal processes that occur in psychotherapy for both the patient and therapist The result readers will better understand who the person behind the diagnosis is and comprehend what it really feels like to be someone struggling with these difficult interpersonal patterns

The Art of Dying Patricia Weenolsen,2016-02-02 The Art of Dying speaks to modern readers with refreshing frankness and wit It covers the subject thoroughly from how to inform relatives of impending death to coping with pain and fear to death rituals to preparing for a possible afterlife or depending on one s viewpoint the end of it all Publishers Weekly Along with our caring presence this book may be the finest gift we can give someone facing the last stage of life Rabbi Harold Kushner author of When Bad Things Happen to Good People Dr Weenolsen doesn t duck the tough questions M Brewster Smith PhD former president American Psychological Association This book gives the same things a good support group does compassionate sympathy and practical advice for people sharing pain It will be a godsend Rebecca Brown author of Gifts of the Body Begins with the day you receive the diagnosis and the sudden realization that never again will you be as you were Even if by some miracle you heal it will be only temporary Weenolsen takes the panic and paralysis out of such news through wise aggressive no holds barred approaches Patricia Holt San Francisco Chronicle A book everyone can benefit from reading Nancy Pearl author of More Book Lust Also for family and friends of dying persons for professionals in the health care fields and for those who train them Hannelore Wass PhD founding editor Death Studies     *Mental Ills and Bodily Cures* Joel Braslow,2023-09-01 Mental Ills and Bodily Cures depicts a time when psychiatric medicine went to lengths we now find extreme and perhaps even brutal ways to heal the mind by treating the body From a treasure trove of California psychiatric hospital records including many verbatim transcripts of patient interviews Joel Braslow masterfully reconstructs the world of mental patients and their doctors in the first half of the twentieth century Hydrotherapy sterilization electroshock lobotomy

and clitoridectomy these were among the drastic somatic treatments used in these hospitals By allowing the would be healers and those in psychological and physical distress to speak for themselves Braslow captures the intense and emotional interplay surrounding these therapies His investigation combines revealing clinical detail with the immediacy of being there in the institutional setting while decisions are made procedures undertaken and results observed by all those involved We learn how well intentioned physicians could rationalize and regard as therapeutic treatments that often had dreadful consequences and how much the social and cultural world is inscribed within the practice of biological psychiatry The book will interest historians of medicine practicing psychiatrists and everyone who knows or has seen what it s like to be in mental distress *Mental Ills and Bodily Cures* depicts a time when psychiatric medicine went to lengths we now find extreme and perhaps even brutal ways to heal the mind by treating the body From a treasure trove of California psychiatric hospital records includin

**Disinformation** Rémi Kauffer, 2007 Manipulating scientific and professional opinions destabilizing commercial enterprises misleading the media and confusing the public disinformation is back The techniques honed during the Cold War are now weapons in a merciless industrial and commercial struggle between the U S and Europe Boeing and Airbus the oil companies and the medical industries are just three of the major theaters of operation Welcome to Manipulation com Kauffer sees the Internet as the ideal tool for anyone with an axe to grind where information true or false can circulate without any control

*Drug Design* Gerhard Klebe, 2025-02-04 This English language textbook based on the successful German edition *Wirkstoffdesign* brings the subject of drug design back to the cutting edge of research The reader learns about new methods in genetic engineering and the expanded range of structural biological methods Especially in the last 10 years many complex target structures such as G protein coupled receptors or ion channels have been elucidated by using these methods The reader learns how these long sought complex structures with classical drugs look like and how the therapeutic effect is achieved This textbook is aimed at students of pharmacy chemistry and the life sciences but also at career changers and medicinal chemists in research and development departments of the pharmaceutical industry Conceptually it is very different from classical textbooks on pharmaceutical chemistry It focuses on the path to a new drug substance The selection of case studies is based on didactic aspects and attempts to give a broad overview of methods and strategies without forgetting to look back at the beginnings of this field of work Thus the arc spans from the history of drug research the mechanisms of action of drugs and the methods for lead structure search and optimisation to structure determination methods modelling molecular dynamics and QSAR methods to structure and computer aided design This textbook also discusses new methods and concepts such as epigenetics the PROTAC approach CRISPR Cas9 gene scissors structural predictions from sequence the use of artificial intelligence and new screening technologies from biophysics It presents successes in disrupting or enhancing protein protein interactions as a concept for drug therapy and discusses optimising drugs considering their thermodynamic as well as kinetic binding profiles Videos via app simply download the SN



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Helping Students Overcome Depression and Anxiety Kenneth W. Merrell, 2008-01-01 Now in a revised and expanded second edition this bestselling guide provides expert information and clear cut strategies for assessing and treating internalizing problems in school settings More than 40 specific psychoeducational and psychosocial intervention techniques are detailed with a focus on approaches that are evidence based broadly applicable and easy to implement Including 26 ready to use worksheets in a large size format with permission to photocopy the second edition has been updated throughout to ensure its currency and clinical utility Coverage of psychiatric medications has been extensively revised with the latest developments and findings A new chapter addresses prevention oriented social and emotional learning curricula for the classroom This book is in The Guilford Practical Intervention in the Schools Series     **The Next Big Thing** Richard Faulk, 2024-05-07 We are always hearing about the Next Big Thing Whether it is a new iPhone or the New World the freshest and newest inventions discoveries and fads always loom large in the public mind The impact that everyone thinks these next big things will have is often more important than the actual impact it generates After all if it fails it will be almost immediately forgotten The Next Big Thing searches through 3 000 years of Western culture to find the colorful and key steps and missteps that led us to where we are today     *Bipolar Disorder* Francis Mark Mondimore, 2006-02-09 Bipolar disorder can be devastating It can disrupt relationships and careers it can wreak havoc on family life and when not properly treated it can be fatal Since 1999 this compassionate and comprehensive guide has helped tens of thousands of people cope with this complex disease This the second edition of *Bipolar Disorder* is thoroughly updated and discusses promising new options for diagnosis and treatment along with new information on the disease s genetic components Bipolar disorder is difficult to diagnose Dr Mondimore explains how symptoms fluctuate in persons with seasonal affective disorder how they can lead to a mistaken diagnosis of attention deficit hyperactivity disorder in children and how they may be made worse by alcohol or drug addiction The disease can also be difficult to treat Dr Mondimore gives advice about how to pick a psychiatrist and cope with the stigma of psychiatric diagnosis He provides extensive information on treatment options including the advantages disadvantages and side effects of various drug therapies He also describes what it is like to live with bipolar disorder and discusses how lifestyle changes can improve quality of life Throughout he focuses on the importance of building a support system planning for emergencies and giving yourself permission to seek help

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