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# 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

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# Talking Back To Prozac What Doctors Arent Telling You About Todays Most Controversial Drug

**Patricia Gherovici,Manya Steinkoler**



## **Talking Back To Prozac What Doctors Arent Telling You About Todays Most Controversial Drug:**

**Talking Back to Prozac** Peter R. Breggin, Ginger Ross Breggin, 2014-04-01 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 **What the Drug**

**Companies Won't Tell You and Your Doctor Doesn't Know** Michael T. Murray, 2009-06-30 It is estimated that approximately 70 percent of patients with chronic daily headaches suffer from drug induced headaches Antibiotics are widely prescribed for ear infections bronchitis and sinusitis and yet in more than 90 percent of cases the drugs are useless Careful review of all the major statin drug studies in subjects without clinical evidence of heart disease shows that there are no significant differences in mortality between people who took cholesterol lowering agents and those who took a placebo Individuals whose diets include a higher intake of fish oils or who take fish oil supplements can reduce their risk of heart disease or stroke by roughly 47 percent compared to those individuals who do not eat fish or take fish oil supplements With about 700 000 practicing physicians in the United States it is estimated that the drug industry spends approximately 60 000 in marketing dollars per physician per year In 1992 the average senior received 19.6 prescriptions per year in 2005 that number had nearly doubled to 34.4 It is estimated that simply by supplementing the diet with 1 000 to 1 200 mg of calcium and 800 to 1 000 IU of vitamin D more than half of all hip fractures due to osteoporosis might be prevented Special

preparations of peppermint oil have been shown to be more effective than standard drug therapy and have no side effects in relieving all the symptoms of irritable bowel syndrome Peppermint oil preparations produce dramatic clinical improvement in approximately 70 to 85 percent of cases within a two to four week period Book jacket Moving Beyond Prozac, DSM, and the New Psychiatry Bradley Lewis, 2010-02-05 Interesting and fresh represents an important and vigorous challenge to a discipline that at the moment is stuck in its own devices and needs a radical critique to begin to move ahead Paul McHugh Johns Hopkins University School of Medicine Remarkable in its breadth an interesting and valuable contribution to the burgeoning literature of the philosophy of psychiatry Christian Perring Dowling College Moving Beyond Prozac DSM and the New Psychiatry looks at contemporary psychiatric practice from a variety of critical perspectives ranging from Michel Foucault to Donna Haraway This contribution to the burgeoning field of medical humanities contends that psychiatry's move away from a theory based model one favoring psychoanalysis and other talk therapies to a more scientific model based on new breakthroughs in neuroscience and pharmacology has been detrimental to both the profession and its clients This shift toward a science based model includes the codification of the Diagnostic and Statistical Manual of Mental Disorders to the status of standard scientific reference enabling mental health practitioners to assign a tidy classification for any mental disturbance or deviation Psychiatrist and cultural studies scholar Bradley Lewis argues for postpsychiatry a new psychiatric practice informed by the insights of poststructuralist theory **Addiction Medicine** Bankole A. Johnson, 2010-10-10 The spectrum of addiction disorders presents practitioners with numerous challenges among them the widening gap between a growing evidence base and the translation of this knowledge into treatment outcomes Addiction Medicine addresses this disconnect clearly explaining the role of brain function in drug taking and other habit forming behaviors and applying this biobehavioral framework to the delivery of evidence based treatment Its state of the art coverage provides clinically relevant details on not only traditional sources of addiction such as cocaine opiates and alcohol but also more recently recognized substances of abuse e g steroids inhalants as well as behavioral addictions e g binge eating compulsive gambling hoarding Current behavioral and medical therapies are discussed in depth and the book's close attention to social context gives readers an added lens for personalizing treatment An international panel of expert contributors offers the most up to date information on Diagnosis and classification Neurobiological and molecular theories of addiction Behavioral concepts of addiction Clinical aspects of addiction to a wide range of substances including opiates stimulants sedatives hallucinogens alcohol nicotine and caffeine Science based treatment options pharmacotherapy pharmacogenetics potential vaccines brief and compliance enhancing interventions cognitive behavioral treatment behavioral management and other psychosocial interventions Behavioral addictions including compulsive eating Internet messaging and hypersexuality and their treatment Addiction in specific populations including adolescents the elderly pregnant women and health care professionals Legal disability and rehabilitation issues At once comprehensive and integrative Addiction Medicine is an essential text and a

practice expanding tool for psychiatrists health psychologists pharmacologists social workers drug counselors trainees and general physicians family practitioners

On the Heels of Ignorance Owen Whooley, 2019-04-23 Psychiatry has always aimed to peer deep into the human mind daring to cast light on its darkest corners and untangle its thorniest knots often invoking the latest medical science in doing so But as Owen Whooley's sweeping new book tells us the history of American psychiatry is really a record of ignorance On the Heels of Ignorance begins with psychiatry's formal inception in the 1840s and moves through two centuries of constant struggle simply to define and redefine mental illness to say nothing of the best way to treat it Whooley's book is no antipsychiatric screed however instead he reveals a field that has muddled through periodic reinventions and conflicting agendas of curiosity compassion and professional striving On the Heels of Ignorance draws from intellectual history and the sociology of professions to portray an ongoing human effort to make sense of complex mental phenomena using an imperfect set of tools with sometimes tragic results

Talking Back To Ritalin Peter Breggin, 2007-10-10 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 disenchanted and energetic children into powerful confident and brilliant members of the family and society

**Let Them Eat Prozac** David Healy, 2004-06-01 A psychiatrist provides an insider account on the controversial use of selective serotonin reuptake inhibitors SSRIs Prozac Paxil Zoloft Turn on your television and you are likely to see a commercial for one of the many selective serotonin reuptake inhibitors SSRIs on the market We hear a lot about them but do we really understand how these drugs work and what risks are involved for anyone who uses them Let Them Eat Prozac explores the history of SSRIs from their early development to their latest marketing campaigns and the controversies that surround them Initially they seemed like wonder drugs for those with mild to moderate depression When Prozac was released in the late 1980s David Healy was among the psychiatrists who prescribed it But he soon observed that some of these patients became agitated and even attempted suicide Could the new wonder drug actually be making patients worse Healy draws on his own research and expertise to demonstrate the potential hazards associated with these drugs He intersperses case histories with insider accounts of the research leading to the development and approval of SSRIs as a treatment for depression Let Them Eat Prozac clearly demonstrates that the problems go much deeper than a side effect of a particular drug The pharmaceutical industry would like us to believe that SSRIs can safely treat depression anxiety and a host of other mental problems But as Let Them Eat Prozac reveals this cure may be worse than the disease

Addiction Medicine E-Book Bankole

Johnson,2019-12-12 Integrating scientific knowledge with today s most effective treatment options Addiction Medicine Science and Practice 2nd Edition provides a wealth of information on addictions to substances and behavioral addictions It discusses the concrete research on how the brain and body are affected by addictions improving your understanding of how patients develop addictions and how best to personalize treatment and improve outcomes This essential text is ideal for anyone who deals with patients with addictions in clinical practice including psychiatrists health psychologists pharmacologists social workers drug counselors trainees and general physicians family practitioners Clearly explains the role of brain function in drug taking and other habit forming behaviors and shows how to apply this biobehavioral framework to the delivery of evidence based treatment Provides clinically relevant details on not only traditional sources of addiction such as cocaine opiates and alcohol but also more recently recognized substances of abuse e g steroids inhalants as well as behavioral addictions e g binge eating compulsive gambling hoarding Discusses current behavioral and medical therapies in depth while also addressing social contexts that may affect personalized treatment Contains new information on compliance enhancing interventions cognitive behavioral treatments behavioral management and other psychosocial interventions Includes neurobiological molecular and behavioral theories of addiction and includes a section on epigenetics Contains up to date information throughout including a new definition of status epilepticus a current overview of Lennox Gastaut syndrome and updates on new FDA approved drugs for pediatric neurological disorders Features expanded sections on evidence based treatment options including pharmacotherapy pharmacogenetics and potential vaccines Addresses addiction in regards to specific populations including adolescents geriatric pregnant women and health care professionals Includes contributions from expert international authors making this a truly global reference to addiction medicine     The Demise of Virtue in Virtual America David Bosworth,2014-08-27 Although the financial disaster of 2008 proved devastatingly quick the evolution of the bad faith that drove the collapse is a more gradual story and one that David Bosworth powerfully narrates in The Demise of Virtue in Virtual America The Moral Origins of the Great Recession his sweeping history of the forces driving ethical political and economic change over the last sixty years Here Bosworth traces how the commercialization of public spaces and electronic information has created a new and enclosed American place Chapter by chapter he then shows how the materialist values of this Virtual America have suffused our everyday lives co opting the themes of our narratives the planks of our parties the practices of our professions and the most intimate aspects of our personal lives including our beliefs about God marriage and childcare From Ronald Reagan and Disneyland to modern pharmacology and prosperity theology from the phony conservatism of Wall Street to the faux rebellion of transgressive art Bosworth s alternative story of American life since 1950 relentlessly challenges today s dominant narratives narratives that as he reveals made both the calamitous invasion of Iraq and the economic collapse of 2008 all too likely     Psychiatric Drug Withdrawal Peter Roger Breggin,Peter R. Breggin, MD,2012-07-19 Print CourseSmart     Your Drug May Be Your Problem Peter Breggin,David Cohen,2007-09-07

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.

**Mad Science** Stuart A. Kirk, 2017-07-05 Winner of an honorable mention from the Society for Social Work and Research for Outstanding Social Work Book Award. *Mad Science* argues that the fundamental claims of modern American psychiatry are based on misconceived, flawed, and distorted science. The authors address multiple paradoxes in American mental health research, including the remaking of coercion into scientific psychiatric treatment, the adoption of an unscientific diagnostic system that controls the distribution of services, and how drug treatments have failed to improve the mental health outcome. When it comes to understanding and treating mental illness, distortions of research are not rare; misinterpretation of data is not isolated, and bogus claims of success are not voiced by isolated researchers seeking aggrandizement. This book's detailed analysis of coercion and community treatment, diagnosis, and psychopharmacology reveals that these characteristics are endemic, institutional, and protected in psychiatry. They are not just bad science but mad science. This book provides an engaging and readable scientific and social critique of current mental health practices. The authors are scholars, researchers, and clinicians who have written extensively about community care, diagnosis, and psychoactive drugs. This paperback edition makes *Mad Science* accessible to all specialists in the field as well as to the informed public.

*The Counselor Educator's Survival Guide* Dilana M. Perera-Diltz, 2013-06-19 First Published in 2010, Routledge is an imprint of Taylor & Francis, an informa company.

*Healing through the Dark Emotions* Miriam Greenspan, 2004-05-11 Nautilus Book Award Gold Winner. A psychotherapist offers crucial guidance on how to alter fundamentally our fearful relationship to deep feelings, from depression and anxiety to grief and fear. Los Angeles Times: We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of negative emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst feelings. Seasoned psychotherapist Miriam Greenspan argues that it is the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world. Drawing on inspiring stories from her psychotherapy practice and personal life, and including a complete set of emotional exercises, Greenspan teaches the art of emotional alchemy by which grief turns to gratitude, fear opens the door to joy, and despair becomes the ground of a more

resilient faith in life This remarkable book has taught me a whole new way of thinking Harold Kushner author of When Bad Things Happen to Good People A beautiful piece of work destined to become a perennial classic Martha Beck author of The Joy Diet *Get Up, Stand Up* Bruce E. Levine, 2011 Polls show that the majority of Americans oppose recent US wars and Wall Street bailouts yet most remain passive and appear resigned to powerlessness In *Get Up Stand Up* Bruce Levine offers an original and convincing explanation for this passivity Many Americans are deeply demoralized by decades of oppressive elitism and they have lost confidence that genuine democracy is possible Drawing on phenomena such as learned helplessness the abuse syndrome and other psychological principles and techniques for pacifying a population Levine explains how major US institutions have created fatalism When such fatalism and defeatism set in truths about social and economic injustices are not enough to set people free However the situation is not truly hopeless History tells us that for democratic movements to get off the ground individuals must recover self respect and a people must regain collective confidence that they can succeed at eliminating top down controls *Get Up Stand Up* describes how we can recover dignity confidence and the energy to do battle That achievement fills in the missing piece that until now has undermined so many efforts to energize genuine democracy *Get Up Stand Up* details those strategies and tactics that oppressed peoples have successfully employed to gain power We the People can unite gain strength wisely do battle and wrest power away from the ruling corporate government partnership the corporatocracy *Get Up Stand Up* explains how

**Lacan on Madness** Patricia Gherovici, Manya Steinkoler, 2015-02-11 This new collection of essays by distinguished international scholars and clinicians will revolutionize your understanding of madness Essential for those on both sides of the couch eager to make sense of the plethora of theories about madness available today *Lacan on Madness* Madness Yes You Can't provides compelling and original perspectives following the work of Jacques Lacan Patricia Gherovici and Manya Steinkoler suggest new ways of working with phenomena often considered impermeable to clinical intervention or discarded as meaningless This book offers a fresh view on a wide variety of manifestations and presentations of madness featuring clinical case studies new theoretical developments in psychosis and critical appraisal of artistic expressions of insanity *Lacan on Madness* uncovers the logics of insanity while opening new possibilities of treatment and cure Intervening in current debates about normalcy and pathology causation and prognosis the authors propose effective modalities of treatment and challenge popular ideas of what constitutes a cure offering a reassessment of the positive and creative potential of madness Gherovici and Steinkoler's book makes Lacanian ideas accessible by showing how they are both clinically and critically useful It is invaluable reading for psychoanalysts clinicians academics graduate students and lay persons

**Favorite Counseling and Therapy Techniques** Howard G. Rosenthal, 2011-01-19 In the new edition of this highly popular book Howard Rosenthal once again brings together a group of prominent therapists who share their insightful pioneering and favorite therapeutic techniques These therapists include such well known figures as Albert Ellis Arnold Lazarus William Glasser Raymond Corsini and Allen E Ivey

Many of the classic entries in the previous edition are once again included some unaltered and others updated while several new chapters have been added to reflect the newest advancements in the counseling field For practitioners wondering what methods to use when working with clients and what they can prescribe for them between sessions or for those who simply are interested in gaining insight into the thoughts and minds of such eminent therapists the more than 50 entries in this text are sure to be both highly useful and exciting reads

**Music Asylums: Wellbeing Through Music in Everyday Life** Tia DeNora, 2016-04-29 Taking a cue from Erving Goffman's classic work *Asylums* Tia DeNora develops a novel interdisciplinary framework for music health and wellbeing Considering health and illness both in medical contexts and in the often overlooked realm of everyday life DeNora argues that these identities are by no means mutually exclusive Moreover she suggests that the promotion of health and more specifically mental health involves a great deal more than a concern with medication genetic predispositions clinical and neuro scientific procedures Adopting a holistic interactionist focus *Music Asylums* reconnects states of wellness and wellbeing to encounters with others and critically to opportunities for aesthetic experience Building on DeNora's earlier work on music as a technology of self in everyday life the book presents music as an active ingredient of action identity capacity and consciousness From there it suggests that access to and evaluation of music is an important ethical matter Intended for scholars and practitioners in psychiatry and psychology palliative care socio music studies music psychology and the allied health professions *Music Asylums* showcases music's role in the existential project of being and staying well mentally and physically from moment to moment and across all realms of social life

**Toxic Psychiatry** Peter R. Breggin, 2015-12-22 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

**What Is Mental Illness?** Richard J. McNally, 2012-11-12 According to a major health survey nearly half of all Americans have been mentally ill at some point in their lives more than a quarter in the last year Can this be true What exactly does it mean anyway What's a disorder and what's just a struggle with real life This lucid and incisive book cuts through both professional jargon and polemical hot air to describe the intense political and intellectual struggles over what

counts as a real disorder and what goes into the DSM the psychiatric bible Is schizophrenia a disorder Absolutely Is homosexuality It was till gay rights activists drove it out of the DSM a generation ago What about new and controversial diagnoses Is social anxiety disorder a way of saying that it s sick to be shy or female sexual arousal disorder that it s sick to be tired An advisor to the DSM but also a fierce critic of exaggerated overuse McNally defends the careful approach of describing disorders by patterns of symptoms that can be seen and illustrates how often the system medicalizes everyday emotional life Neuroscience genetics and evolutionary psychology may illuminate the biological bases of mental illness but at this point McNally argues no science can draw a bright line between disorder and distress In a pragmatic and humane conclusion he offers questions for patients and professionals alike to help understand and cope with the sorrows and psychopathologies of everyday life

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