

Prozac Diary

Outlines a nutrition program that reduces food cravings

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. 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. 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.

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 Marie, they come to understand more about the human mind and spirit. First serial to Harper's. 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.

'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.

In the spring of 2007, a brilliant computer programmer named Hans Reiser stands accused of murdering his estranged wife, Nina. Despite a mountain of circumstantial evidence against him, he proclaims his innocence. The case takes a twist when Nina's former lover, and Hans's former best friend, Sean Sturgeon, confesses to eight unrelated murders that no one has ever heard of. At the time of Sturgeon's confession, Stephen Elliot is paralyzed by writer's block, in the thrall of Adderall dependency, and despondent over the state of his romantic life. But he is fascinated by Sturgeon, whose path he has often crossed in San Francisco's underground S&M scene. What kind of person, he wonders, confesses to a murder he likely did not commit? One answer is, perhaps, a man like Elliott's own father. So begins a riveting journey through a neon landscape of false confessions, self-medication, and torturous sex. Set against the backdrop of a nation at war, in the declining years of the Silicon Valley tech boom and the dawn of Paris Hilton's celebrity, *The Adderall Diaries* is at once a gripping account of a murder trial and a scorching investigation of the self. Tough, tender, and unflinchingly honest, it is the breakout book by one of the most daring writers of his generation.

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 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.

Bill Shore has written a wise and inspiring book that shows us how to make the most of life and do something that counts. Like the cathedral builders of an earlier time, the visionaries described in this memoir share a single desire: to create something that endures. The great cathedrals did not soar skyward because their builders discovered new materials or financial resources; rather, the builders had a unique understanding of the human spirit that enabled them to use those materials in a new way. So, too, have the extraordinary people Bill Shore has met in his travels as one of the nation's leading social entrepreneurs, a new movement of citizens who are tapping the vast resources of the private sector to improve public life. Among them are: -Gary Mulhair, who has created unprecedented jobs and wealth at the largest self-supporting human-service organization of its kind, Pioneer Human Services of Seattle -Denver chef Noel Cunningham, who has committed his life to ending hunger and has galvanized a community to take action -Nancy Carstedt of the Chicago Children's Choir, which provides thousands of children with an introduction to music -Alan Khazei of City Year, which has become the model for President Clinton's vision of national service -Geoffrey Canada, who has created a safe haven for more than four thousand inner-city children in New York City, from Harlem to Hell's Kitchen These leaders, and many others described in these pages, have built important new cathedrals within their communities, and by doing so they have transformed lives, including their own.

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.

"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 "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. 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 MetzI 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—MetzI 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." MetzI 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, MetzI 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. MetzI 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.

Antidepressant drugs and Depression, low self esteem, violence.

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.

As women, we know how important it is to take charge of our health care-to be informed and 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?

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 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.

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 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. "A gem of a memoir . . . Holland takes us for a ride through the psych ER that is at once wild and poignant, a ride that leaves deep tracks in even the healthiest of minds."—Katrina Firlik, M.D., author of *Another Day in the Frontal Lobe* Julie Holland thought she knew what crazy was. Then she came to Bellevue. For nine eventful years, Dr. Holland was the weekend physician in charge of the psychiatric emergency room at New York City's Bellevue Hospital. In this absorbing memoir, Holland recounts stories from her vast case files that are alternately terrifying, tragically comic, and profoundly moving: the serial killer, the naked man barking like a dog in Times Square, the schizophrenic begging for an injection of club soda to quiet the voices in his head, the subway conductor who helplessly watched a young woman pushed into the path of his train. Writing with uncommon candor, Holland supplies not only a page-turner with all the fast-paced immediacy of a TV medical drama but also a fascinating glimpse into the inner lives of doctors who struggle to maintain perspective in a world where sanity is in the eye of the beholder. Praise for *Weekends at Bellevue* "An extraordinary insider's look at the typical days and nights of that most extraordinary place, written with a rare combination of toughness, tenderness, and outrageous humor."—Andrew Weil, M.D. "Unforgettable . . . tells a mean story."—*New York Daily News* "The tension between [Holland's] macho swagger and her shame at the harsh way she occasionally treats patients gives this memoir extra intrigue."—*Psychology Today* "A fascinating portrait . . . Holland is a good storyteller with a dark wit." —*New York Post* "Equal parts affecting, jaw-dropping, and engrossing."—*Booklist* *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.

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.

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*.

An important, hopeful book that looks at the urgent problem of childhood malnutrition worldwide and the revolutionary progress being made to end it. A healthy Earth requires healthy children. Yet nearly one-fourth of the world's children are stunted physically and mentally due to a lack of food or nutrients. These children do not die but endure a lifetime of diminished potential. During the past thirty years, says Sharman Russell, we have seen a revolution in how we treat these sick children and in how—with a new understanding of the human body and approach to nutrition, and new ways to reach out to hungry mothers and babies—we have gone from unwittingly killing severely malnourished children to bringing them back to health through the "miracle" of ready-to-eat therapeutic food. Intertwined with stories of scientists and nutrition experts on the front lines of finding ways to end malnutrition for good, Russell writes of her travels to Malawi, one of the poorest and least-developed countries in the world and also the site of pathbreaking, cutting-edge research into childhood malnutrition. (Eighty percent of Malawians are farmers subsisting on less than an acre of land and coping with erratic weather patterns due to global warming; fifty percent live below the poverty line; and

forty-two percent of Malawi's children are affected by a lack of food or nutrients.) As she writes of her personal exploration of new friendships and insights in a country known as "the warm heart of Africa," Russell describes the programs that are working best to reduce childhood stunting and explores how malnutrition in children is connected to climate change, how vitamins and minerals are preventing these harmful effects, why the empowerment of women is the single most effective factor in eliminating childhood malnutrition, and what the costs of ending childhood malnutrition are. Sharman Russell, much-admired writer of luminous prose and humane heart, whose writing has been called, "elegant" (*The Economist*) and "extraordinarily well-crafted, far-reaching, and heart-wrenching" (*Booklist*), winner of the John Burroughs Medal for distinguished natural history writing, has written an illuminating, inspiring book that makes clear the promise of what is today, gratefully, within our grasp. 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 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.

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.

Katherine Tarbox was thirteen when she met twenty-three-year-old "Mark" in an online chat room. A top student and nationally ranked swimmer attending an elite school in an affluent Connecticut town, Katie was also a lonely and self-conscious eighth-grader who craved the attention her workaholic parents couldn't give her. "Mark" seemed to understand her; he told her she was smart and wonderful. When they set a date to finally meet while Katie was in Texas for a swim competition, she walked into a hotel room and discovered who-and what-her cyber soul mate really was. In *A Girl's Life Online*, Tarbox, now eighteen, tells her story—an eye-opening tale of one teenager's descent into the seductive world of the Internet. Tarbox's harrowing experience with her online boyfriend would affect her life for years to come and result in her becoming the first "unnamed minor" to test a federal law enacted to protect kids from online sexual predators. In an age when a new generation is growing up online, Tarbox's memoir is a

cautionary tale for the Internet Age.

The Eden Express describes from the inside Mark Vonnegut's experience in the late '60s and early '70s—a recent college grad; in love; living communally on a farm, with a famous and doting father, cherished dog, and prized jalopy—and then the nervous breakdowns in all their slow-motion intimacy, the taste of mortality and opportunity for humor they provided, and the grim despair they afforded as well. That he emerged to write this funny and true book and then moved on to find the meaningful life that for a while had seemed beyond reach is what ultimately happens in *The Eden Express*. But the real story here is that throughout his harrowing experience his sense of humor let him see the humanity of what he was going through, and his gift of language let him describe it in such a moving way that others could begin to imagine both its utter ordinariness as well as the madness we all share.

In this powerful memoir of addiction, prison, and recovery, a reporter and a photographer tell their gripping story of falling in love, the heroin habit that drove them apart, and the unlikely way a criminal conviction brought them back together. Books for a Better Life Award Finalist • LitHub Best Book of the Month When Susan Stellin asked Graham MacIndoe to shoot her author photo for an upcoming travel book, she barely knew him except for a few weekends with mutual friends at a summer house in Montauk. He was a gregarious, divorced Scotsman who had recently gotten sober; she was an independent New Yorker who decided to take a chance on a rough-around-the-edges guy. But their relationship was soon tested when Susan discovered that Graham still had a drug habit he was hiding. From their harrowing portrayal of the ravages of addiction to the stunning chain of events that led to Graham's arrest and imprisonment at Rikers Island, *Chancers* unfolds in alternating chapters that offer two perspectives on a relationship that ultimately endures against long odds. Susan follows Graham down the rabbit hole of the American criminal justice system, determined to keep him from becoming another casualty of the war on drugs. Graham gives a stark, riveting description of his slide from brownstone Brooklyn to a prison cell, his gut-wrenching efforts to get clean, and his fight to avoid getting exiled far away from his son and the life he built over twenty years. Beautifully written, brutally honest, yet filled with suspense and hope, *Chancers* will resonate with anyone who has been touched by the heartache of addiction, the nightmare of incarceration, or the tough choice of leaving or staying with someone who is struggling on the road to recovery. By sharing their story, Susan and Graham show the value of talking about topics many of us are too scared to address. Praise for *Chancers* “Stellin and MacIndoe, in entries sometimes akin to fighters in the ring, tell the story of their lives as MacIndoe rides a roller-coaster life of drug addiction and prison. . . . [Chancers] grabs in a voyeuristic way and propels page-turning to find out what happens next in a saga no soap opera could create.”—*The Buffalo News* “Emotionally resonant and evenly structured, their tandem chronicle resists overly romanticizing their bittersweet interactions to focus on the dedication and devotion necessary to make their already-complicated relationship survive the fallout of critical hardships. An emotionally complex and intensely personal binary memoir of addiction and sustainable love.”—*Kirkus Reviews*

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.

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.

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.

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.

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.

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

Kristine Barnett’s son Jacob has an IQ higher than Einstein’s, a photographic memory, and he taught himself calculus in two weeks. At nine he started working on an original theory in astrophysics that experts believe may someday put him in line for a Nobel Prize, and at age twelve he became a paid researcher in quantum physics. But the story of Kristine’s journey with Jake is all the more remarkable because his extraordinary mind was almost lost to autism. At age two, when Jake was diagnosed, Kristine was told he might never be able to tie his own shoes. *The Spark* is a remarkable memoir of mother and son. Surrounded by “experts” at home and in special ed who tried to focus on Jake’s most basic skills and curtail his distracting interests—moving shadows on the wall, stars, plaid patterns on sofa fabric—Jake made no progress, withdrew more and more into his own world, and eventually stopped talking completely. Kristine knew in her heart that she had to make a change. Against the advice of her husband, Michael, and the developmental specialists, Kristine followed her instincts, pulled Jake out of special ed, and began preparing him for mainstream kindergarten on her own. Relying on the insights she developed at the daycare center she runs out of the garage in her home, Kristine resolved to follow Jacob’s “spark”—his passionate interests. Why concentrate on what he couldn’t do? Why not focus on what he could? This basic philosophy, along with her belief in the power of ordinary childhood experiences (softball, picnics, s’mores around the campfire) and the importance of play, helped Kristine overcome huge odds. The

Barnetts were not wealthy people, and in addition to financial hardship, Kristine herself faced serious health issues. But through hard work and determination on behalf of Jake and his two younger brothers, as well as an undying faith in their community, friends, and family, Kristine and Michael prevailed. The results were beyond anything anyone could have imagined. Dramatic, inspiring, and transformative, *The Spark* is about the power of love and courage in the face of overwhelming obstacles, and the dazzling possibilities that can occur when we learn how to tap the true potential that lies within every child, and in all of us. Praise for *The Spark* “[An] amazing memoir . . . compulsive reading.”—*The Washington Post* “*The Spark* is about the transformative power of unconditional love. If you have a child who’s ‘different’—and who doesn’t?—you won’t be able to put it down.”—Sylvia Nasar, author of *A Beautiful Mind* “Love, illness, faith, tragedy and triumph—it’s all here. . . . Jake Barnett’s story contains wisdom for every parent.”—*Newsday* “This eloquent memoir about an extraordinary boy and a resilient and remarkable mother will be of interest to every parent and/or educator hoping to nurture a child’s authentic ‘spark.’”—*Publishers Weekly* “Compelling . . . Jake is unusual, but so is his superhuman mom.”—*Booklist* “*The Spark* describes in glowing terms the profound intensity with which a mother can love her child.”—Andrew Solomon, author of *The Noonday Demon* and *Far from the Tree* “Every parent and teacher should read this fabulous book!”—Temple Grandin, author of *Thinking in Pictures* and co-author of *The Autistic Brain*

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*

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 druggy 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.

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 Star: The public saw her as a gifted child star: the youngest actor to win an Oscar for her role as Helen Keller in *The Miracle Worker* and the youngest actor to have a prime-time television series bearing her own name. *The Nightmare*: What the public did not see was Anna Marie Duke, a young girl whose life changed forever at age seven when tyrannical managers stripped her of nearly all that was familiar, beginning with her name. She was deprived of family and friends. Her every word was programmed, her every action monitored and criticized. She was fed liquor and prescription drugs, taught to lie to get work, and relentlessly drilled to win roles. *The Legend*: Out of this nightmare emerged Patty Duke, a show business legend still searching for the child, Anna. She won three Emmy Awards and divorced three husbands. A starring role in *Valley of the Dolls* nearly ruined her career. She was notorious for wild spending sprees, turbulent liaisons, and an uncontrollable temper. Until a long hidden illness was diagnosed, and her amazing recovery began. *The Triumph*: *Call Me Anna* is an American success story that grew out of a bizarre and desperate struggle for survival. A harrowing, ultimately triumphant story told by Patty Duke herself—wife, mother, political activist, President of the Screen Actors Guild, and at last, a happy, fulfilled woman whose miracle is her own life.

"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*.

Traces the story of a talented young recruit, his coach, and his teammates to reveal the realities behind professional basketball and the sacrifices made by prodigy players and their families.

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.

Prozac Diary Random House

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