

Your Drug May Be Your Problem How And Why To Stop

Treating Drug Problems: Committee for the Substance Abuse Coverage Study, Institute of Medicine. 1992-01-01 Treating Drug Problems, Volume 2 presents a wealth of incisive and accessible information on the issue of drug abuse and treatment in America. Several papers lay bare the relationship between drug treatment and other aspects of drug policy, including a powerful overview of twentieth century narcotics use in America and a unique account of how the federal government has built and managed the drug treatment system from the 1960s to the present. Two papers focus on the criminal justice system. The remaining papers focus on Employer policies and practices toward illegal drugs. Patterns and cycles of cocaine use in subcultures and the popular culture. Drug treatment from a marketing, supply-and-demand perspective, including an analysis of policy options. Treating Drug Problems, Volume 2 provides important information to policy makers and administrators, drug treatment specialists, and researchers.

Brain-Disabling Treatments in Psychiatry Peter R. Breggin, MD. 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

Mad in America Robert Whitaker. 2019-09-10 An updated edition of the classic history of schizophrenia in America, which gives voice to generations of patients who suffered through cures that only deepened their suffering and impaired their hope of recovery Schizophrenics in the United States currently fare worse than patients in the world's poorest countries. In Mad in America, medical journalist Robert Whitaker argues that modern treatments for the severely mentally ill are just old medicine in new bottles, and that we as a society are deeply deluded about their efficacy. The widespread use of lobotomies in the 1920s and 1930s gave way in the 1950s to electroshock and a wave of new drugs. In what is perhaps Whitaker's most damning revelation, Mad in America examines how drug companies in the 1980s and 1990s skewed their studies to prove that new antipsychotic drugs were more effective than the old, while keeping patients in the dark about dangerous side effects. A haunting, deeply compassionate book -- updated with a new introduction and prologue bringing in the latest medical treatments and trends -- Mad in America raises important questions about our obligations to the mad, the meaning of insanity, and what we value most about the human mind.

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.

The Biology of Desire Marc Lewis. 2015-07-14 Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the disease model of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in The Biology of Desire, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

The Drug Book Michael C. Gerald. 2013-09-03 "A beautiful and well-researched historical guide to significant drugs" from the author of The Complete Idiot's Guide to Prescription Drugs (Library Journal). Throughout history, humans everywhere have searched for remedies to heal our bodies and minds. Covering everything from ancient herbs to cutting-edge chemicals, this book in the hugely popular Milestones series looks at 250 of the most important moments in the development of life-altering, life-saving, and sometimes life-endangering pharmaceuticals. Illustrated entries feature ancient drugs like alcohol, opium, and hemlock; the smallpox and the polio vaccines; homeopathic cures; and controversial medical treatments like ether, amphetamines, and Xanax—while shining a light on the scientists, doctors, and companies who brought them to us. "These true tales of discovery in The Drug Book by Michael C. Gerald might change the way you think about your medicine." —The Healthy "An excellent starting point for student researchers and is very browsable for the general reader." —Booklist

Dopesick Beth Macy. 2018-08-09 Now a major TV series on Disney+ 'A shocking investigation... Dopesick is essential' The Times 'Unfolds with all the pace of a thriller' Observer 'A deep - and deeply needed - look into the troubled soul of America' Tom Hanks 'Essential reading' New York Times Beth Macy reveals the disturbing truth behind America's opioid crisis and explains how a nation has become enslaved to prescription drugs. This powerful and moving story explains how a large corporation, Purdue, encouraged small town doctors to prescribe OxyContin to a country already awash in painkillers. The drug's dangerously addictive nature was hidden, whilst many used it as an escape, to numb the pain of joblessness and the need to pay the bills. Macy tries to answer a grieving mother's question - why her only son died - and comes away with a harrowing tale of greed and need.

Drugs, Brains, and Behavior .2007

The Heart of Being Helpful Peter Roger Breggin.1999-02 Book jacket.--Jacket.

CDC Yellow Book 2018: Health Information for International Travel Centers for Disease Control and Prevention CDC.2017-04-17 THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018 As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the CDC Yellow Book 2018: Health Information for International Travel is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

Rethinking Psychiatric Drugs Grace E. Jackson.2005-07-28 -- Are patients aware of the fact that pharmacological therapies stress the brain in ways which may prevent or postpone symptomatic and functional recovery ?

===== Rethinking Psychiatric D

The Antidepressant Fact Book Peter Breggin.2001-07-12 By the author of *Talking Back to Prozac and Your Drug May Be Your Problem*, the answers to over 100 questions about antidepressants

Toxic Psychiatry Peter R. Breggin, M.D..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.

Clinical Methods Henry Kenneth Walker, Wilbur Dallas Hall, John Willis Hurst.1990 A guide to the techniques and analysis of clinical data. Each of the seventeen sections begins with a drawing and biographical sketch of a seminal contributor to the discipline. After an introduction and historical survey of clinical methods, the next fifteen sections are organized by body system. Each contains clinical data items from the history, physical examination, and laboratory investigations that are generally included in a comprehensive patient evaluation. Annotation copyrighted by Book News, Inc., Portland, OR

Drug Muggers Suzy Cohen.2011-02-15 Unpleasant, uncomfortable, and unexplained side effects? *Drug Muggers* is your side effect solution. Prescription and over-the-counter drugs help millions of people with devastating diseases and chronic conditions. But in the process, these medications can also deplete the body's natural stores of vitamins, minerals, and hormones—the very nutrients you need to keep energy levels high, fend off infections, and be healthy. Pharmacist Suzy Cohen calls these medications drug muggers, and she says it's essential to replenish what a drug mugger steals from your body in order to feel your best and avoid side effects. Not understanding the drug-mugging effect may lead to new diseases and possibly catastrophic health consequences. You'll discover: • How to relieve uncomfortable or potentially serious side effects • How to remain compliant with your medication and still feel well • Which foods and drinks to avoid if you take certain medications • How to install a nutrient security system with vitamins, minerals, and food choices Plus! • Improve your energy levels • Learn which minerals you need if you take heartburn medicine • Improve digestion and relieve constipation with a simple nutrient • Discover the antioxidant you must have to save your heart • Get your hair and nails to grow faster by replenishing nutrients • Find out which vitamins and minerals are the purest and highest quality • Learn which vitamins outperform medications in some cases *Drug Muggers* is an eye-opener! It reveals why you may be feeling so poorly and how to improve your well-being with affordable nutrients that are sold over the counter. You can (and will) improve the way you feel—whether or not you take medicine!

Blaming the Brain Elliot Valenstein.2002-02 In *Blaming the Brain* Elliott Valenstein exposes the many weaknesses inherent in the scientific arguments supporting the widely accepted theory that biochemical imbalances are the main cause of mental illness. He lays bare the commercial motives of drug companies and their huge stake in expanding their markets. This provocative book will force patients, practitioners, and prescribers alike to rethink the causes of mental illness and the methods by which we treat it.

Drug Dealer, MD Anna Lembke.2016-11-15 The disturbing connection between well-meaning physicians and the prescription drug epidemic. Three out of four people addicted to heroin probably started on a prescription opioid, according to the director of the Centers for Disease Control and Prevention. In the United States alone, 16,000 people die each year as a result of prescription opioid overdose. But perhaps the most frightening aspect of the prescription drug epidemic is that it's built on well-meaning doctors treating patients with real problems. In *Drug Dealer, MD*, Dr. Anna Lembke uncovers the unseen forces driving opioid addiction nationwide. Combining case studies from her own practice with vital statistics drawn from public policy, cultural anthropology, and neuroscience, she explores the complex relationship between doctors and patients, the science of addiction, and the barriers to successfully addressing drug dependence and addiction. Even when addiction is recognized by doctors and their patients, she argues, many doctors don't know how to treat it, connections to treatment are lacking, and insurance companies won't pay for rehab. Full of extensive interviews—with health care providers, pharmacists, social workers, hospital administrators, insurance company executives, journalists, economists, advocates, and patients and their families—*Drug Dealer, MD*, is for anyone whose life has been touched in some way by addiction to prescription drugs. Dr. Lembke gives voice to the millions of Americans struggling with prescription drugs while singling out the real culprits behind the rise in opioid addiction: cultural narratives that promote pills as quick fixes, pharmaceutical corporations in cahoots with organized medicine, and a new medical bureaucracy focused on the bottom line that favors pills, procedures, and patient satisfaction over wellness. Dr. Lembke concludes that the prescription drug epidemic is a symptom of a faltering health care system, the solution for which lies in rethinking how health care is delivered.

Pharmacology in Anesthesia Practice Anita Gupta.2013-04-25 The grasp of pharmacologic principles and their practical application sits at the heart of anesthesiology practice. Intended to fill the niche for a rapid, point-of-care overview of clinical pharmacology in anesthesia, this compact guide covers the commonly prescribed medications in anesthesiology including the subspecialties of obstetric, regional, cardiac, and neuroanesthesia.

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.

Chasing the Scream Johann Hari.2015-01-20 The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family.

Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

The Antidepressant Solution Joseph Glenmullen.2006-01-20 With the FDA's warning that antidepressants may cause agitation, anxiety, hostility, and even violent or suicidal tendencies, these medications are at the forefront of national legal news. Harvard physician Joseph Glenmullen has led the charge to warn the public that antidepressants are overprescribed, underregulated, and, especially, misunderstood in their side and withdrawal effects. Now he offers a solution! More than twenty million Americans -- including over one million teens and children -- take one of today's popular antidepressants, such as Paxil, Zoloft, or Effexor. Dr. Glenmullen recognizes the many benefits of antidepressants and prescribes them to his patients, but he is also committed to warning the public of the dangers associated with overprescription. Dr. Glenmullen's last book, Prozac Backlash, sounded the alarm about possible dangers. The Antidepressant Solution provides the remedy. It is the first book to call attention to the drugs' catch-22: Although many people are ready to go off these drugs, they continue to take them because either the patient or the doctor mistakes antidepressant withdrawal for depressive relapse. The Antidepressant Solution offers an easy, step-by-step guide for patients and their doctors. Written by the premier authority in the field, The Antidepressant Solution is an invaluable book for all those concerned with going through the process -- from friends and family members to doctors and patients themselves.

Bad Pharma Ben Goldacre.2014-04 Argues that doctors are deliberately misinformed by profit-seeking pharmaceutical companies that casually withhold information about drug efficacy and side effects, explaining the process of pharmaceutical data manipulation and its global consequences. By the best-selling author of Bad Science.

Guilt, Shame, and Anxiety Peter Roger Breggin.2014 With the first unified theory of guilt, shame, and anxiety, this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution, child development, and mature adult decision-making. Drawing on evolution, neuroscience, and decades of clinical experience, Dr. Breggin analyzes what he calls our negative legacy emotions--the painful emotional heritage that encumbers all human beings. The author marshals evidence that we evolved as the most violent and yet most empathic creatures on Earth. Evolution dealt with this species-threatening conflict between our violence and our close-knit social life by building guilt, shame, and anxiety into our genes. These inhibiting emotions were needed prehistorically to control our self-assertiveness and aggression within intimate family and clan relationships. Dr. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and demoralizing legacies from our primitive past, which no longer play any useful or positive role in mature adult life. He then guides the reader through the Three Steps to Emotional Freedom, starting with how to identify negative legacy emotions and then how to reject their control over us. Finally, he describes how to triumph over and transcend guilt, shame, and anxiety on the way to greater emotional freedom and a more rational, loving, and productive life.

Anatomy of an Epidemic Robert Whitaker.2011-08-02 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

How to Get Off Psychoactive Drugs Safely James Harper, Jayson Austin N C, James Harper N C.2011-02-20 Here is an essential handbook on how to safely and more easily wean yourself (under medical supervision) off heavily over-prescribed psychotropic medications. I have used the program with my patients and it works! Dr. Hyla Cass M.D. Author of Supplement Your Prescription

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.

Brain-disabling Treatments in Psychiatry Peter Roger Breggin.1997

Overcoming Your Alcohol Or Drug Problem Dennis C. Daley, G. Alan Marlatt.2006-06-15 This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem.

The Myth of the Chemical Cure J. Moncrieff.2016-04-13 This book overturns the idea that psychiatric drugs work by correcting chemical imbalance and analyzes the professional, commercial and political vested interests that have shaped this view. It provides a comprehensive critique of research on drugs including antidepressants, antipsychotics and mood stabilizers.

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, disenchanting, and energetic children into powerful, confident, and brilliant members of the family and society.

Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral Health Social Norms.2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and

behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change* explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

Medication Madness Peter R. Breggin, M.D..2009-05-26 Medications for everything from depression and anxiety to ADHD and insomnia are being prescribed in alarming numbers across the country, but the cure is often worse than the original problem. *Medication Madness* is a fascinating, frightening, and dramatic look at the role that psychiatric medications have played in fifty cases of suicide, murder, and other violent, criminal, and bizarre behaviors. As a psychiatrist who believes in holding people responsible for their conduct, the weight of scientific evidence and years of clinical experience eventually convinced Dr. Breggin that psychiatric drugs frequently cause individuals to lose their judgment and their ability to control their emotions and actions. *Medication Madness* raises and examines the issues surrounding personal responsibility when behavior seems driven by drug-induced adverse reactions and intoxication. Dr. Breggin personally evaluated the cases in the book in his role as a treating psychiatrist, consultant or medical expert. He interviewed survivors and witnesses, and reviewed extensive medical, occupational, educational and police records. The great majority of individuals lived exemplary lives and committed no criminal or bizarre actions prior to taking the psychiatric medications. *Medication Madness* reads like a medical thriller, true crime story, and courtroom drama; but it is firmly based in the latest scientific research and dozens of case studies. The lives of the children and adults in these stories, as well as the lives of their families and their victims, were thrown into turmoil and sometimes destroyed by the unanticipated effects of psychiatric drugs. In some cases our entire society was transformed by the tragic outcomes. Many categories of psychiatric drugs can cause potentially horrendous reactions. Prozac, Paxil, Zoloft, Adderall, Ritalin, Concerta, Xanax, lithium, Zyprexa and other psychiatric medications may spellbind patients into believing they are improved when too often they are becoming worse. Psychiatric drugs drive some people into psychosis, mania, depression, suicide, agitation, compulsive violence and loss of self-control without the individuals realizing that their medications have deformed their way of thinking and feeling. This book documents how the FDA, the medical establishment and the pharmaceutical industry have over-sold the value of psychiatric drugs. It serves as a cautionary tale about our reliance on potentially dangerous psychoactive chemicals to relieve our emotional problems and provides a positive approach to taking personal charge of our lives.

Psychiatric Drug Withdrawal Peter Roger Breggin.2012-07-19 Print+CourseSmart

Over the Influence, Second Edition Patt Denning, Jeannie Little.2017-07-10 Just say no just doesn't work for everyone. If you've tried to quit and failed, simply want to cut down, or wish to work toward sobriety gradually, join the many thousands of readers who have turned to this empathic, science-based resource--now thoroughly revised. A powerful alternative to abstinence-only treatments, harm reduction helps you set and meet your own goals for gaining control over alcohol and drugs. Step by step, the expert authors guide you to determine: *Which aspects of your habits may be harmful. *How to protect your safety and make informed choices. *What changes you would like to make. *How to put your intentions into action. *When it's time to seek help--and where to turn. Updated to reflect a decade's worth of research, the fully revised second edition is even more practical. It features additional vivid stories and concrete examples, engaging graphics, new worksheets (which you can download and print for repeated use), Self-Reflection boxes, and more. Mental health professionals, see also the authors' *Practicing Harm Reduction Psychotherapy, Second Edition*.

Training Manual for Clinical Guidelines for Withdrawal Management and Treatment of Drug Dependence in Closed Settings .2009 Companion v. to the WHO clinical guidelines for withdrawal management and treatment of drug dependence in closed settings --P. vii.

Why Our Drug Laws Have Failed and What We Can Do About It James Gray.2011-12-16 Our drug prohibition policy is hopeless, just as Prohibition, our alcohol prohibition policy, was before it. Today there are more drugs in our communities and at lower prices and higher strengths than ever before. We have built large numbers of prisons, but they are overflowing with non-violent drug offenders. The huge profits made from drug sales are corrupting people and institutions here and abroad. And far from being protected by our drug prohibition policy, our children are being recruited by it to a lifestyle of drug use and drug selling. Judge Gray's book drives a stake through the heart of the War on Drugs. After documenting the wide-ranging harms caused by this failed policy, Judge Gray also gives us hope. We have viable options. The author evaluates these options, ranging from education and drug treatment to different strategies for taking the profit out of drug-dealing. Many officials will not say publicly what they acknowledge privately about the failure of the War on Drugs. Politicians especially are afraid of not appearing tough on drugs. But Judge Gray's conclusions as a veteran trial judge and former federal prosecutor are reinforced by the testimonies of more than forty other judges nationwide.

Bottle of Lies Katherine Eban.2020-06-23 A NEW YORK TIMES BESTSELLER New York Times 100 Notable Books of 2019 New York Public Library Best Books of 2019 Kirkus Reviews Best Health and Science Books of 2019 Science Friday Best Books of 2019 New postscript by the author From an award-winning journalist, an explosive narrative investigation of the generic drug boom that reveals fraud and life-threatening dangers on a global scale—The Jungle for pharmaceuticals Many have hailed the widespread use of generic drugs as one of the most important public-health developments of the twenty-first century. Today, almost 90 percent of our pharmaceutical market is comprised of generics, the majority of which are manufactured overseas. We have been reassured by our doctors, our pharmacists and our regulators that generic drugs are identical to their brand-name counterparts, just less expensive. But is this really true? Katherine Eban's *Bottle of Lies* exposes the deceit behind generic-drug manufacturing—and the attendant risks for global health. Drawing on exclusive accounts from whistleblowers and regulators, as well as thousands of pages of confidential FDA documents, Eban reveals an industry where fraud is rampant, companies routinely falsify data, and executives circumvent almost every principle of safe manufacturing to minimize cost and maximize profit, confident in their ability to fool inspectors. Meanwhile, patients unwittingly consume medicine with unpredictable and dangerous effects. The story of generic drugs is truly global. It connects middle America to China, India, sub-Saharan Africa and Brazil, and represents the ultimate litmus test of globalization: what are the risks of moving drug manufacturing offshore, and are they worth the savings? A decade-long investigation with international sweep, high-stakes brinkmanship and big money at its core, *Bottle of Lies* reveals how the world's greatest public-health innovation has become one of its most astonishing swindles.

A Straight Talking Introduction to Psychiatric Drugs Joanna Moncrieff.2020-09-24 In an era when more people are taking psychiatric drugs than ever before, Joanna Moncrieff's explosive book challenges the claims for their mythical powers. Drawing on extensive research, she demonstrates that psychiatric drugs do not 'treat' or 'cure' mental illness by acting on hypothesised chemical imbalances or other abnormalities in the brain. There is no evidence for any of these ideas. Moreover, any relief the drugs may offer from the distress and disturbance of a mental disorder can come at great cost to people's physical health and their ability to function in day-to-day life. And, once on these drugs, coming off them can be very difficult indeed. This book is a wake-up call to the potential damage we are doing to ourselves by relying on chemical cures for human distress. Its clear, concise explanations will enable people to make a fully informed decision about the benefits and harms of these drugs and whether and how to come off them if they so choose.

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.

Drug Use for Grown-Ups Dr. Carl L. Hart. 2022-01-11 "Hart's argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country's war on drugs, we should all share his outrage." —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In *Drug Use for Grown-Ups*, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use—not drugs themselves—have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and Black and brown bodies behind bars. *Drug Use for Grown-Ups* will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. *Drug Use for Grown-Ups* offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

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