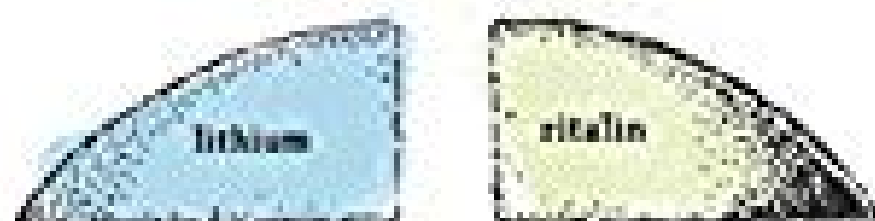


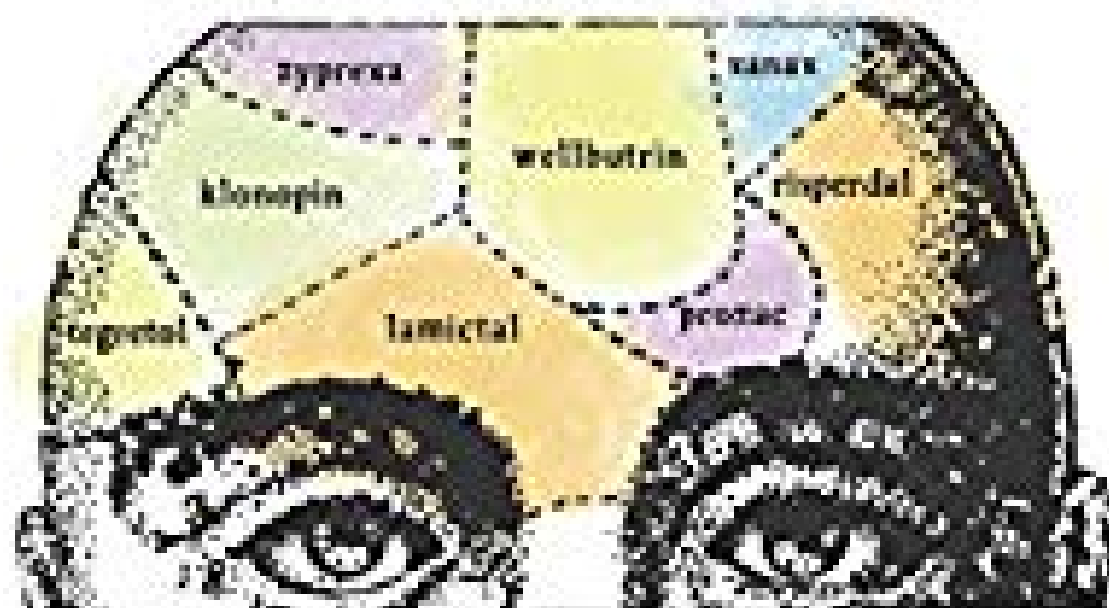
"Comprehensive and highly readable . . . sure to provoke a hot-tempered response, especially from those inside the psychiatric community."

—*Salem*

ANATOMY OF AN EPIDEMIC



Magic Bullets, Psychiatric Drugs and the
Astonishing Rise of Mental Illness



ROBERT WHITAKER

Author of Mad in America

Robert Whitaker

Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America



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Updated edition with bonus material, including a fresh foreword and afterword with brand-new research. In this astonishing and startling book, award-successful science and history article 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? Every day, 1,100 adults and children are added to the federal government disability rolls because they have grown to be recently disabled by mental disease, with this epidemic spreading most quickly among our nation's youth. The proceedings? Anatomy of an Epidemic challenges readers to think during that question themselves. Work better? Visitors will be startled—This is actually the first book to look at the merits of psychiatric medications through the prism of long-term results. By the end of this review of the outcomes literature, readers will have a haunting issue of their own: Why have the effects from these long-term studies— Researchers spent decades studying that question, and by the late 1980s, that they had their response. Do psychiatric medications repair “and dismayed—to find that which was reported in the scientific journals. Or do they find these medications, for some paradoxical reason, raise the likelihood that people will become chronically ill, less in a position to function well, more prone to physical illness? Did they find that the drugs help people stay well? First, Whitaker investigates what's known today about the biological causes of mental disorders. Enjoy good physical health? After that comes the scientific query at the heart of this book: During the past fifty years, when investigators looked at how psychiatric drugs affected long-term outcomes, what did they find? all of which indicate the same startling bottom line—chemical imbalances” Does taking an antidepressant decrease or raise the risk a depressed person can be disabled by the disorder? Are long-term recovery prices higher for medicated or unmedicated schizophrenia individuals? Our country has been hit by an epidemic of disabling mental disease, and yet, as Anatomy of an Epidemic reveals, the medical blueprints for curbing that epidemic have been completely drawn up. When the National Institute of Mental Health (NIMH) studied the long-term outcomes of kids with ADHD, do they determine that stimulants offer any benefit? kids. in the mind, or do they, in fact, create them? been kept from the public? In this compelling history, Whitaker also tells the personal stories of children and adults embroiled in this epidemic. Finally, he reports on innovative applications of psychiatric care in Europe and America that are producing good long-term outcomes. Perform bipolar sufferers fare better today than they do forty years ago, or much worse?



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The best science available for this industry Very science based.. For instance, a whole lot of critics of this publication say, "Oh, of program antipsychotics help people," plus they cite a few research. Of course, my doctors wouldn't hear about this and said I had a sickness that could require medication forever and what amounted to another of overwhelming disability that maybe, simply maybe, they could manage if only I'd take enough and ever-increasing doses of "medication". I must say i appreciate getting the full selection of my emotional reactions restored if you ask me. After reading "Anatomy of an Epidemic" two years ago, I was convinced that I at least had a need to try life without medications. And I have already been a skeptic of medicine as the end up being all end all remedy to mental problems; Whitaker is not anti-medication, many of his supporters even now use medications. I did so some of my very own research, nonetheless it is difficult because none of it really is carried out in layman's terms. He's anti-bullshit. Yes, sometimes I do.! Don't believe the critics who cite 2-3 research and think they possess discredited this reserve without looking into details. I admire Robert Whitaker for bringing this issue to light, and for doggedly going after it both in america and internationally. I am extremely glad this information is available. Many critiques of this book are very shallow, and have already been readily and very easily disproven. I can't say that'll be true for everyone, but it is true for me. As a person diagnosed with MDD (main depressive disorder) 22 years ago, and medicated with a considerable cocktail of psych medicines for twenty years after that medical diagnosis, I wish to add my perspective to the discussion. My lifestyle is way better without the medications. An "insider's" viewpoint Many of the harshest testimonials of the book appear to be coming from those that currently depend on psychiatric medicines, and find the author's conclusions heartless, given their personal distress. I browse Robert Whitaker's book almost two years ago, and his conclusions alarmed me. As I appeared around within my many, many family and friends members on psychiatric medicines, it appeared to me that most of these were still pretty considerably depressed a lot of the period. I had been told by well-respected psychiatrists at two major analysis universities that the only way to avoid recurring depressive episodes was to be on medication forever. I had believed them, and used the medicines. I felt reasonably alright a lot of the period, though somewhat dulled and flattened by the meds. But I still had debilitating depressive episodes, occasionally lasting for months, regardless of the medicines. I also experienced to honestly wonder, do I really feel better on all these medications than I'd without them?. I appreciated learning how these medicines were found out and how pharmaceutical companies have promoted the merchandise by providing economic incentives to doctors for prescribing them. Acquiring psych meds with this perspective makes you feel that you do your best to deal with yourself, which is usually reassuring if you are still feeling awful. However, the results are as I anticipated. "Better living through chemistry! I came across the section of the book describing just how research evidence was "rewritten" for medical school textbooks truly alarming. It must be compulsory reading for ALL doctors in teaching, and all law makers - so many people are locked up and drugged with appallingly harmful and destructive "medicines" in the name of the psychiatric/pharmaceutical industry. How sad that the "chemical imbalance" theory just doesn't hold up to actual study! I understand how doctors came to make use of that analogy to reassure patients who were alarmed at the chance of being on mind-altering medications for long periods of time. But there are no chemicals being balanced right here. The drug effects are powerful, however they are not really restoring what is missing and replicating a wholesome brain. If medications are truly needed, generally they must be temporary, not really long-term. So of course leaving people on drugs works better than dropping them instantly into chilly turkey withdrawal. I've found daily aerobic workout to be a a lot more reliable way of mitigating major depression than my former medications, and study in this book displays this to be accurate for a majority of people as well. Our family just went through a situation that could very easily have been utilized as a case background (one med causes a certain bad response, another med recommended to counteract the brand new symptoms). The part effects of withdrawing were physically painful sometimes, but I got through them.. Do I still obtain depressed? Many psychiatrists support him, and are referenced in

this book. But certainly not more depressed than I did so on the medicines. Well, chilly turkey withdrawal of psych meds is normally a hard and nasty procedure. It's dreary having the ecstatic part of life chopped off, combined with the abject misery. Medicines do this. And psychiatric medications have frightening long-term outcomes, a few of which are only arriving at light now that folks have been on them for decades. That truth, well researched in this book, needs to be told. Life is hard, tension is real, and problems need to be dealt with.. My husband is a physician, and he discovered the research in the book compelling as well. They were performing the best they knew how for me personally, given just how that schooling is passed down doctor-to-doctor through medical education. This perverted partnership pertains to all disciplines of medicine, not only psychiatric. Mindfulness meditation has also helped, and kind individuals who listen to me. The "medical model" of psychiatry preserved that branch of medicine from dying out, given our insurance-based healthcare program, and Robert Whitaker does a great job of exposing the collusion between the pharmaceutical companies and the American Psychiatric Association, using its frightening consequences." I used to wryly joke, as I'd down my cocktail of three or even more medications every night. There's a lot at stake here for the psychiatric profession; it's not astonishing that so many psychiatrists turn from this study with alarm and denial. This book cites like 400 studies, works with all of the best patient advocates in the industry, and may be the best science provides to explain both problems and solutions. I would recommend his site "Mad in America" for recent news and discussion. saved my life I read this book soon after its launch, and it probably saved my entire life. I was getting progressively worse on the prescribed "medications", and for a while had suspected that it had been the "medications" that were building me worse, and that their thus called "side effects" (which for me personally were their primary results) had actually been the reason for a significant component of my struggle. My "mental illness" started after being recommended an SSRI for a completely normal, human being response to a very difficult group of life circumstances. However when you look at those research, it's where folks have been dropped cool turkey off meds that they had taken lengthy term. Question if it would actually be read. Because of this I am now medicine (and doctor) free, and functioning again and also have been for over five years. I still struggle sometimes in response to what lifestyle throws up. nevertheless, this provides research outcomes that support a much less enthusiastic attitude towards meds in adults but specifically children and teenagers. There is no magic bullet. who doesn't?. There's a couple of reviews on here that say this book is invalid, but when you dig into their factors, they are cherry selecting data and using disproven analysis. For a long time I had found the idea of "chemical substance imbalance" reassuring..but there's no way I am "mentally ill" in virtually any sense of the word. Not that drugs are BAD but they're over used and not monitored enough I regularly noticed my psychiatrist, who would tweak the meds here and there to provide me better relief. Open your Eyes! Eye opening. The public can be believing the lies they are being fed. Everyone should read Super interesting information Rubbish When will we be free of these dogooders? Read it twice within weekly, bought 5 even more copies for friends and mental health professionals Although I trust a few of the criticism of this book, especially the comparison of persons qualifying for SSDI over time, I loved that it affected my taking into consideration the use of medication to take care of mental conditions and illnesses. I did so a very slow, careful taper from my psych medications, over an interval of months (this component is absolutely essential). But gradual withdrawal works, and many people have gotten their lives back again by learning how to use psych medications appropriately as a tool rather of as the complete solution.. The answer to my mental distress—medication—was no different than easily had diabetes and required insulin, evidently! I support the use of these medications for a while to get symptoms in order and in the long term for a limited number of people while appreciating the examples the writer provides that present that good long-term outcomes can be achieved through a well-balanced combination of psychotherapy and medicine. Five Stars Factual and easy read. Whitaker isn't anti-psychiatry. This brakes everything down into an easy to comprehend formate. You're doing what you can do. If you want to learn the real deal, this is the book to

learn. Please, read this publication and do some considering for yourself. Simply tear points down with a bunch of cherry picked anecdotes. Vile. Must read this reserve!!! But only the types who've actually taken enough time to learn the academic research in their own field. OMG This book should be sent to all doctors who prescribe medications to depressed sufferers. The research in this book gave me the courage to get off the medications (very slowly and carefully after further research on how best to do this successfully) despite my doctors' objections. I browse this book in horror as it is therefore truthful as to the way the pharmaceutical businesses and physicians are in bed with one another ruining lives for greed. I don't blame my doctors for my years of overmedication. I have always questioned the need for prescriptions, but now I definitely will research prior to taking any. Well done There exists a history of mental illness in my family and I've always wondered about the effects of long term drug usage. I like what he did and showing us how messed up . I am off psychiatric medication for over a season . 5, and I feel really good.. I like what he did and showing us how smudged our bodies is. The book is well-written and backed by very thorough research.



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