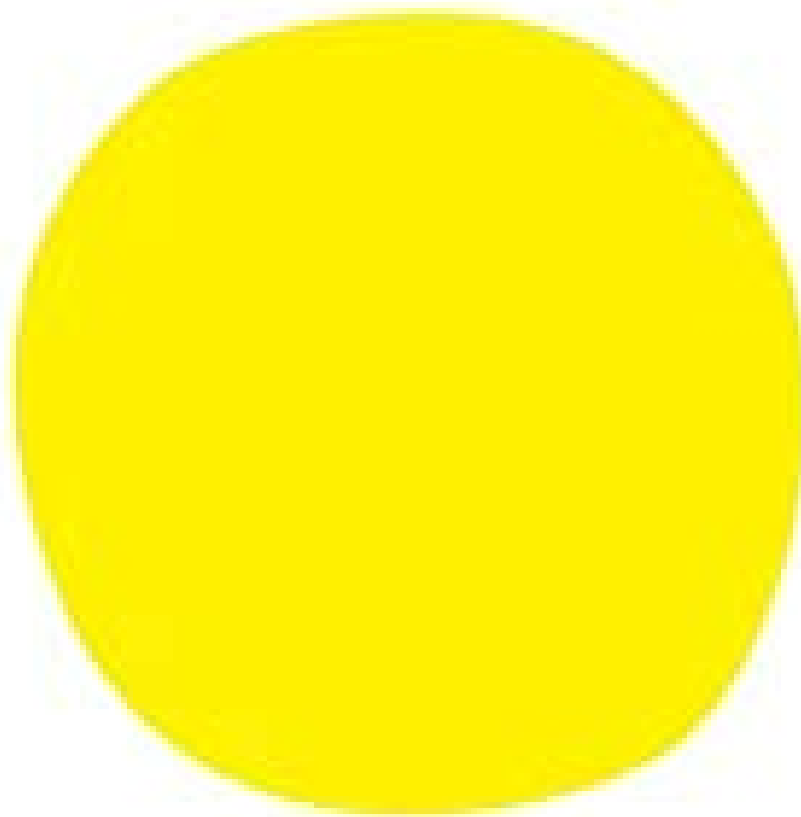


"Relentlessly honest and surprisingly funny." — *The Washington Post*

Ayelet Waldman

A Really Good Day

How Microdosing Made a
Mega Difference in My Mood,
My Marriage, and My Life



Ayelet Waldman

A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life



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"Relentlessly honest and remarkably funny.s struggle with mood storms led her to try a remedy as drastic since it is forbidden: microdoses of LSD.The New York Times " The Washington Post"Genuinely brave and human."Wildly brilliant. – —" Wedded with four children and a robust profession, she "should" be content, but instead her family and her function are suffering at the mercy of her mood disorder.ElleThe true story of what sort of renowned writer"" Her fascinating journey provides a windowpane into one family members and the complex globe of a once-infamous drug seen through new eye.When a little vial arrives in her mailbox from "Lewis Carroll," Ayelet Waldman is preparing to try anything. Her melancholy has become intolerable, severe and unmanageable; medication has failed to make a difference. — Drawing on her experience as a federal government open public defender, and as the mother of teens, and her research in to the therapeutic worth of psychedelics, Waldman offers produced a book that's candid, revealing and completely enthralling. As Waldman charts her experience over the course of a month, during which she achieved a newfound feeling of serenity, she also explores the history and mythology of LSD, the cutting-edge research in to the medication, and the byzantine policies that control it. Therefore she opens the vial, places two drops on her tongue, and becomes component of a burgeoning underground band of scientists and civilians effectively using therapeutic microdoses of LSD.



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A Personal Journey Through Drugs and Drug Policy I was curious about microdosing and had no prior contact with Ayelet Waldman, except for an interview on OXYGEN. Bravely revealing and fun to learn. This book touched me on a few levels. First, the account of her internal struggles, specifically the self-loathing dialog that racetracks through her brain, were spot on. Ketamine infusions are a legal method to have an excellent day too. Open your mind I cherished this poignant and funny reserve. I appreciated the material and it was well done. This was funny, thoroughly researched, and compellingly written. At bottom level, this is an extremely Good Book about our failed drug policies. This publication gave me a lot of hope that the world changes its ways and allow research to commence. If you prefer a more academic account, the above books (also compelling, given their tone) will be your speed. No one will be standing up before congress, keeping this reserve out as a medication policy guide. But I loved the publication. It moved me. It spoke about discomfort that I comprehended in a way that gave me hope. In addition, it opened my eyes just a little wider to the misguided tragedy that's our insane drug policy. Seriously, despair is a hardcore disease to have and try to have a regular life, husband, kids, a profession. I commend the writer on her behalf honesty and for permitting us to witness her experience playing the well-educated guinea pig. I'm just sorry she cannot continue should she wish. Inspiring Very well written. For various reasons, I've recently become interested in, shall we say, "substitute" therapies. I specifically liked the moments with her husband telling her all of this rational stuff and her not really believing a term. It's hard more than enough to live in the visit a really good day, aside from admit to the rest of the globe that such a common matter is something you have to struggle to attain. Ayayasca, psilocybin, LSD, etc. Because of the author for sharing her encounters with microdosing and her history with "the battle on medicines". Insightful and inspiring. Refreshing, informative, and funny Just finished reading this last night. Just what a great, brave publication Ayelet Waldman has provided us. AN EXTREMELY Good Book A Really Good Book Hope delivered with humor Ayelet makes her encounters not only very readable, but relatable and pleasant. Each chapter starts her day, the dosage, her reactions, ability to write, etc. So well-written and honest Wow, not was We was expecting! I'm grateful to Ayelet Waldman for having created this. We are in need of your books. Someone explained there is a tiger under my bed. A Really Good Read A testament to the desperate need for more research and options for the treatment of feeling disorders. It uses the author's intensely personal accounts of mental illness and her desperate efforts to get a handle on them as a compelling automobile to tell that tale. I love when writers have a work cited page that you could read then and there or later, if you have an issue. Waldman's written other books of literary fiction, a couple of cozy mysteries, and essays. Her publication, Bad Mom, is wonderfully controversial, but it speaks to me within an important way, as the task of marriage, raising children while trying to have a career, especially the career of writing.. I have been there, and been generally there, and been there. (Tired Husband will back again me up.) Jeepers, I loved this book. Refreshing, never boring, and so much like threaded through it. I acquired pretty stuffy views about drugs such as LSD, and this book produced me realize our drug plans are ridiculous and archaic. But also for those who do, Ayelet makes an excellent argument for it (or decriminalization at a minimum) and mental health care. I am depressed since age 8. I loved it. We need to really open up options for people who struggle with mood disorders. Waldman's experiment is normally whatever the exact opposite of a cautionary tale is: a ray of anecdotal wish, perhaps. A fantastic experiment A genuine, funny, informative look at using LSD simply because a self treatment. Great read. All Anyone Wants Ayelet Waldman's bracing honesty is admirable, even if she can't seem to control it.. I've read other books on the topic, like the New

Jim Crow and Chasing the Scream and on this subject, those books are even more complete, but not as entertaining. The tale informs about antiquated medication laws and her brutal honesty about her lifestyle. But it's the study and the technology behind contemporary pharma and the annals of psychedelics that was a real gut punch for me. Side effects of depression meds suck and if doctors believe a gentler treatment can be done through evidence based analysis and experimentation, the federal government owes sufferers of mental illness a better explanation (and perhaps a revisiting) of why planned medications are on the plan in the first place, why proven excellent results still keep alternate treatment out of reach when the research is there to back up the merits of its use. I was fascinated all the way through and wished I possibly could try it. I did not be expectant of this book to include a narrative on medication policy. I could easily identify with her emotions of depressive disorder, inadequacy, and her intense pain experience. I don't need any convincing that medications ought to be legalized. Waldman. Just read it. An extremely good moment It's a neurotic trip, but an extremely good read. But from a societal viewpoint, she exposed the "Battle on Drugs" for the fraud it is. A hybrid of exceptional analysis and literary diary.. Among the best testaments for a practical enlightened society I've read. Looking for a Way Out This book struck a cord with me. I doubt it really is for everyone or even that I am the target audience (very different life situations) but as someone who's mental health impacts those around him, the book definitely struck a cord and encourages those who want to do something about it Very Informative. Well researched, extremely informative. Among she cites research on LSD, where it had been in study before it was criminalized, deftly taking away any research opportunities, and backs everything up with bulletproof study. Write on, Ms. Her thirty day experiment was effective but not what she acquired expected. Ayelet includes a present of storytelling to both maintain you fascinated about her journey and also, relate to her. Her descriptions were aching, funny, and rang with truth. What a great book! Using herself as an experiment, she tries micro-dosing LSD to help with moods and depressive disorder. I laughed and appearance forward to the chance of sensible drug reform. Thanks! Five Stars Great book! I was pleasantly surprised. The message is apparent, drug plan for LSD and various other consciousness-enhancing chemicals has to change.. I had a great time reading this book. Even the oversharing was quite damn funny. But the most important component of this book was its relentless quest for the truth. Individually, Ayelet was bravely revealing. Hyper-self-absorbed but laced with insight. If you're searching for a substantiated opinion on drug use and its benefits, this book will probably be worth your time.



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