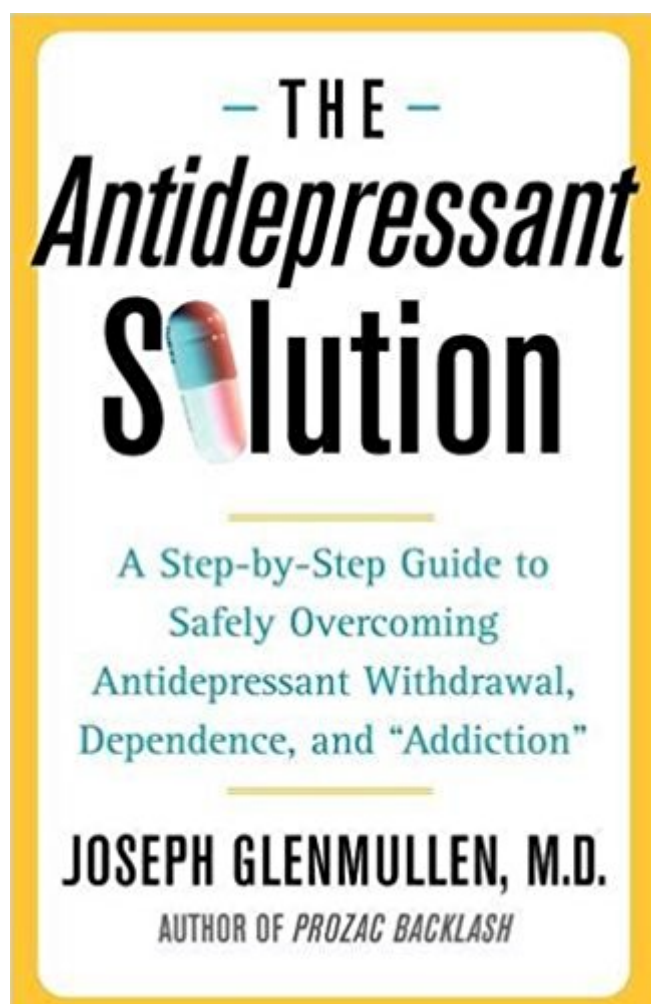




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# The Antidepressant Solution: A Step-by-Step Guide To Safely Overcoming Antidepressant Withdrawal, Dependence, And "Addiction"





## Synopsis

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.

## Book Information

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## Customer Reviews

The author of *Prozac Backlash* returns with important and sound advice for patients who are taking

antidepressant medications, particularly selective serotonin reuptake inhibitors (SSRIs) like Prozac and Paxil. "Stopping antidepressants abruptly can cause severe withdrawal reactions," Glenmullen writes, among them aggression, dizziness, vomiting, headaches and suicidal tendencies. The withdrawal symptoms can even, ironically, mimic the symptoms of depression, and this can confuse both the doctor and the patient, leading the patient to stay on the medication (and suffer its side effects) longer than necessary. So how can people safely decide when and how to stop taking the meds? Glenmullen, a clinical instructor in psychiatry at Harvard Medical School, offers a complete five-step program. He explains and describes possible withdrawal symptoms, identifies the signs that a patient is ready to go off his or her meds and gives guidelines for tapering off to avoid unpleasant and dangerous aftereffects. Offering cases from his own practice and drawing from the medical literature, Glenmullen clarifies how to manage this necessary and often poorly understood process in an important book for anyone taking, or prescribing, antidepressants today. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

John Horgan, author of the "End of Science" and "The Undiscovered Mind" An authoritative and eloquent antidote to the pro-drug bias of modern psychiatry. Leon Eisenberg, M.D., Professor of Psychiatry, Harvard Medical School Dr. Glenmullen documents the carefully concealed dark side of these highly touted drugs and makes a strong case that alternative treatments yield equal benefits at much less risk. Provocative and hopeful, a must-read for anyone on the drugs. Alan Stone, M.D., Professor of Psychiatry and Law, Harvard University, former President of the American Psychiatric Association Dr. Glenmullen has assembled from every possible source the clinical and scientific evidence that there are costs as well as benefits to Prozac and related drugs. He warns us that no one really knows the long-term consequences of these chemicals on the brain. Joan Acocella, "The New Yorker" One is inclined to listen to him, because he is not a one-solution man. Indeed, he prescribes SSRI [antidepressants]. Like many cautious psychiatrists, he uses them to relieve depression to the point where the patient can do something about its source. Sherwin B. Nuland, M.D., Yale School of Medicine, author of "How We Die" and "The Mysteries Within" The all-purpose pill that guarantees a psychiatric quick fix has finally been exposed as an illusion. Dr. Glenmullen's lucid explanations and engrossing narratives are the much-needed corrective to the sensationalism of the false prophets of Prozac and the zealots of Zoloft. This is the book that sets the record straight. It should become the criterion of reason, against which all the current hype and misinformation can be measured. Thomas J. Moore, George Washington University Medical Center,

author of "Prescription for Disaster: The Hidden Dangers in Your Medicine Cabinet" Joseph Glenmullen has done an outstanding job in portraying the real-life experiences of patients and using them to illustrate the scientific facts. If you really want to listen to Prozac, this is an eye-opening account that should not be missed. Candace B. Pert, Ph.D., Research Professor, Georgetown University School of Medicine, author of "Molecules of Emotion: The Science Behind Mind-Body Medicine" Beautifully, clearly, and enthrallingly written, it is a courageous book and a must-read for every American. Janet Maslin, "The New York Times" An important, deeply troubling examination of the means by which these drugs have become so widely disseminated and the possible long-term toll they may take.

I am a practicing neuropsychologist and I see the effects of antidepressants, both for better and worse, every day in my hospital and outpatient work. I have often deferred to physicians about decisions regarding these medications, as my patients' medical situations are often quite complex. But armed with this knowledge (and the practical checklists he provides) I will be much more sensitive to both antidepressant withdrawal and toxicity reactions. I now understand where the odd tendency of some psychiatrists to call everybody who has a bad reaction to SSRI's "bipolar" comes from. I also see how the deceitful strategy of the pharmaceutical companies to "tell a small half truth (SSRI discontinuation syndrome is real) to hide a bigger lie (it's really uncommon and not generally a problem)" works. Every mental health clinician, MD or not, needs to have this book on their shelf. You may save a patient's life!

Excellent complete book on the subject. More information than your psychiatrist will likely know. Many psychiatrists are still resistant to the idea that people can and do experience very serious withdrawal symptoms when they try to get off of SSRI type anti-depressants. This book has profiles of how different people reacted to medication reductions (Extreme, moderate, mild) and how to work with your doctor to find a safe and comfortable regimen of medication reduction. It has a questionnaire you can fill out every day to track the severity of your withdrawal symptoms. It is helping me greatly.

If you want to know the truth behind the different medications prescribed by doctors who are aware (and surprisingly, many who are unaware) of the effects of antidepressants, this is the book you need to read. Before you take these meds, and especially if you want to transition off, you must read this and follow Dr. Glenmullen's advice. And never believe anything the drug companies claim.

Having taken an antidepressant for anxiety, and after a 35 lb. weight gain, the inability to sleep more than 3-4 hours a night, along with increased lethargy, I found myself ready to reevaluate the need for continued medication. With a thorough reevaluation of present life circumstances, this book provided answers to personal questions like, "How do I know if I'm ready to taper?" - "How do I even go about tapering?" - "What if it's too hard for me to taper?" - and "How should I approach my doctor about tapering?" Overall, the book provided the courage I needed to seriously consider that tapering off medication can be done. It is written with understanding and compassion, and as I identified with some of the chapters, I felt a sense of hopefulness that I hadn't felt in quite some time. Thank you for writing this book. I recommend it highly.

This was a very interesting book on Depression, I learned how to slowly reduce an anti-depressant drug's amount over time and the advice and helpful insights allow a reader to see a window and open a door out of depression. Thank you.

I was considering taking some sort of medication, probably Prozac, when I bought this. Oh boy, that's an addiction waiting to happen. Besides being a real uncertainty as to whether medications would work for me anyway. I've tried a couple of different ones in the past that didn't have much effect. For me, it paid for itself by confirming my suspicions and getting me back on the path to finding the right work while pressing on with meditation and exercise. My diet has always been in place, but of course that's another area for sustained experimentation and improvement.

The book is clearly written for an educated audience, but not necessarily for a professional audience. It contains advice on how to recognize and measure antidepressant withdrawal symptoms and how to decide whether discontinuing an antidepressant is advisable; it also includes step-by-step instructions how to go about it. The author makes the argument that modern antidepressant treatment is comparable to treatment with a low dose of orally administered cocaine, and he questions the integrity of the evidence presented by pharmaceutical companies about the safety of antidepressants. Discontinuation of SSRIs, other modern antidepressants, as well as tricyclics and MAOIs is mentioned, including a brief chapter on stopping antidepressant treatment in children. The evidence base is not particularly solid, but it is the best that was available at the time of writing of the book - a hand full of relevant studies as well as anecdotes about patients that the author treated. My main concern with the quality of the evidence is that the author overly relies on

his patients' judgments and self-report. Nevertheless, I thought that his arguments were clear, logical, carefully weighted, and judicious, in most cases. Some reviewers have critiqued the author for claiming that antidepressant withdrawal symptoms will go away if his procedure is followed, whereas their experience was that it took much longer, but this is not a fair critique, because the author generalizes to the average case (and he also provides examples of people who had much more difficulty than average). The book concerns only immediate-onset withdrawal symptoms. Some people have claimed anecdotally that antidepressant treatment can cause long-term problems following discontinuation, also claiming that these problems started some weeks or months following the drug discontinuation; these are controversial claims that the book does not address. Importantly, the author does not come across as an anti-psychiatry fanatic; rather, he comes across as a thoughtful scholar, and he agrees that antidepressants may be appropriate for patients with moderate or severe depression.

This book spelled out exactly for me what to do and it worked! I had tried several times to give up my meds, but always ended up returning to them. After reading this book, I now realize that my overall mood after trying to quit the meds the first, second, and third times was due to the withdrawal symptoms and not depression or anxiety. I was finally able to get through the withdrawal symptoms without biting anyone's head off!

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