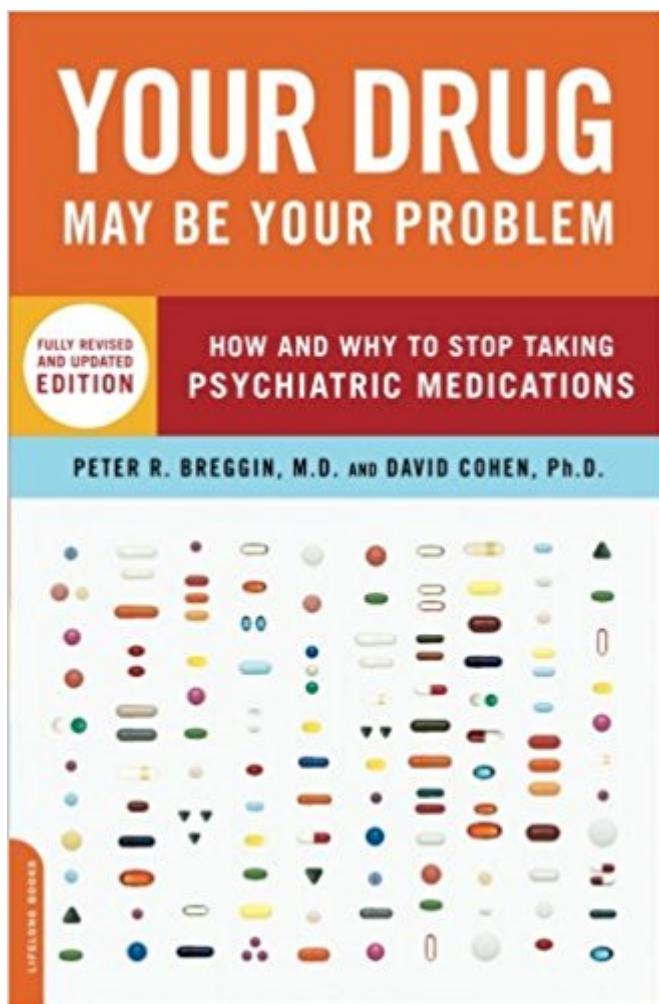


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# Your Drug May Be Your Problem, Revised Edition: How And Why To Stop Taking Psychiatric Medications



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

Psychiatric drugs are prescribed to more than 20 million Americans. This book aims to convince us to stop taking these drugs, and to show us how to do it safely. The authors contend that after 15 minutes with a physician or psychiatrist, Americans are prescribed medications that we may take for years or a lifetime, which can do more harm than good. We're irritable, anxious, emotionally numb, physically fatigued, and mentally dulled. Yet when we stop taking the drugs, we encounter a whole new set of problems and setbacks. The book lists the adverse medical reactions you may encounter, plus additional personal, psychological, and philosophical reasons for limiting or rejecting psychiatric drugs. About half the book covers withdrawing from your drug--how to do it carefully and

slowly, what to expect, and how to get help--with specifics for certain drugs and a chapter on easing your child off them as well. If you suffer from depression or another condition that warrants taking prescription drugs, you might refute the authors' contention that "the degree to which we suffer indicates the degree to which we are alive. When we take drugs to ease our suffering, we stifle our psychological and spiritual life." Certainly it would be lovely if we could "find a way to untangle that twisted energy and to redirect it more creatively," but is this really possible in all cases? The authors blame our dependence on drugs and psychiatry on big pharmaceutical-company bucks, psychiatric organizations, and even government agencies. Certainly we are an overmedicated society--but is the answer to take everyone off drugs? This provocative book says yes, and it's bound to be controversial. Of course, do not go off any prescribed medication without working closely with the medical professional who prescribed it, and do not use this book as a substitute for professional help. --Joan Price --This text refers to the Hardcover edition.

In his previous books (*Toxic Psychiatry*, *Talking Back to Prozac*), psychiatrist Breggin laid the groundwork for his battle against what he sees as American psychiatry's harmful overdependence on prescribing medication. This time out, he reiterates his primary tenets and, having teamed up with David Cohen, a professor of social work at the University of Montreal, provides practical advice for those who are considering stopping medication. According to the authors, psychiatric drugs have replaced religion, spirituality, human relationships and introspection as the solution of first resort for the suffering endemic to a full human life. Because scientists know very little about the brain, Breggin and Cohen argue, the much-touted theory that depression and mental illness arise from chemical imbalances is "sheer speculation" and the propagandistic cornerstone of a massive public relations campaign by drug companies. In a well-researched argument that suffers from a somewhat dogmatic tone, they contend that, rather than improve the brain's functioning, these drugs actually create such imbalances, causing immediate and sometimes irreversible damage. In place of medication, Breggin and Cohen recommend therapy, as well as a commitment to religious, spiritual or philosophic ideas, and offer a step-by-step approach to ending dependence on medication, to be undertaken only with medical guidance. Although the authors warn readers against feeling pressured to forgo medication, they never explore the alternatives. (Sept.) Copyright 1999 Reed Business Information, Inc. --This text refers to the Hardcover edition.

I came across this book while trying to google a cure for my depression. I was after this perfect drug that would definitely give me exactly the kind of chemical balance that I needed to lead a normal life.

It all happened five years ago and I am so glad to this day that what I found was diametrically opposed to what I was looking for: while searching for this cutting edge drug that would quickly solve all my problems, I found some hope to help me quit the ones I was already taking, that is, Dr Breggin's book. It helped me understand myself better and how those drugs were "solving" and creating new problems at the same time. As for many of the comments I've just read, he never says the solution to your problems is quitting your medication and that's it. No way. Instead, he says you can find a whole world of solutions through love, understanding, therapy, etc... he never says quit your medication and be happy. And those who tried to benefit from the book without even reading it are really on the wrong path. Take your time reading it and thinking about the new things you will certainly learn. The author wants you to see that there are several different healthier possibilities to address depression and its symptoms. Just don't take the "easy" way out because you're very likely to regret later. I did. It worked for me and many other people who told me similar stories. Will it work for you too? I have no idea. I didn't just quit my meds (as many people insist this is the only thing that this book tells you to do), I opened up my eyes and saw therapy, understanding, acceptance, yoga, health food and exercise instead of medication. That's what I learned. It took some time until I found the balance I was looking for. It wasn't easy but certainly more humane, if you like.

I take issue with Publisher's Weekly for saying the authors are dogmatic. Unfortunately, few people understand what is going on with the drug industry unless they've been caught up in the hell of drug discontinuation themselves. Many publications are afraid to speak out against the powerful drug companies. Some of these are supported by drug advertisements. Few doctors see what is happening because they are doublebooked, getting their patients in and out. Psychiatrists prescribe drugs all too easily. And many patients who take psych drugs are not supervised by their doctors to check for adverse affects. I salute Breggins and Cohen for taking risks to go against the powerful status quo. Because of them, people who have developed an accidental dependence on these drugs have somewhere to turn to figure out what to do. I tried the drug Effexor once, and I felt like jumping out the window. My doctor told me to keep taking it for two weeks to see if I adapted. I couldn't get through another day. I am also one of many who stumbled upon the drug Klonopin. I took it for a few months only, and it has taken me over two years to discontinue the drug. I'd previously taken tranquilizers with no problem stopping. Never in my wildest dreams did I think I'd get violently ill while tapering off these drugs. I have met others in a similar situation who've been diagnosed "bi-polar" because the withdrawal symptoms from these drugs make people appear crazy. Consumers and their doctors need to learn the truth about these drugs. And Your Drug May

Be Your Problem tells it like it is. After discussing symptoms caused by various psych drugs, the book explains how to taper with the 10 percent method and goes over symptoms of withdrawal. The authors give guidance to help therapists use other tools besides treating their patients with drugs. And finally, there are some great suggestions on how a depressed or anxious person may get back on track. Your Drug May Be Your Problem is a courageous book that will enlighten readers who have given control of their minds and bodies to their doctors, drug companies and the FDA.

All I can say is I was validated by this book as I watched in tears, fears and questions as my once almost perfect loving husband became everything he never was. Cold, cruel, forgetful, no empathy, no remorse, no conscience and even explaining and trying to point it out doesn't help. I have lost him. I fear he is gone forever. After 40 years of what was a blessed ( or should have been) life and children and now grandchildren the bizarre and out of character behavior destroyed our lives and that of the whole family. Took me years to figure it out and I had an aha moment that the nightmare started with the psyche drugs. I truly believe he has permanent brain damage. Impossible to have a heart to heart or a reasonable conversation. There is no reasoning nor rational discussion about ANY subject. It has ruined us and the family and our finances. EVERYTHING. SO sad. I blame ALL the shootings on these drugs. Horrible. Thank you for validating my years of research and aha moment Dr Breggin. I so wish people realized this is a drugged nation and it is all about BIG (multi-billions) money and BIG business and they don't care that they have caused chemical lobotomies ( my term ) and family ruin not to mention the innocent victims in the path. They cause an "I don't give a S\*&^" attitude and lack of enjoyment because as they numb your sad/bad feelings they also rob your joy and love of life and others. Must stop. Physician induced addictions with awful withdrawals the don't tell you. I know all my friends and their grown children are on them and didn't know but trusted their Dr. Hot flash medication turned out to be a psyche drug one my friends ended up in ER after not taking it and told she has to stay on it the rest of her life or have these awful withdrawals, even dangerous. :(

Very useful information. Easy to read, with some much needed humor, as well! Insightful, and thought-provoking. Some of the book was a little redundant, but overall, very good. I've been able to taper off my medications one at a time, with success! I only have one more to go!

no doubt - you get the 'monkey" in your brain and blood stream - a tough animal to tame - but do it or help another escape the three ring psycho-circus of use today

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