Listening to Prozac: Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self

By Kramer, Peter D.

New York, New York, U.S.A.: Viking Pr, 1993. Soft cover. Condition: New. From Kirkus Reviews A provocative volume that sets up the mood-altering Prozac as a tool to examine the growing—and often troubling—use of drugs in the treatment of psychological illness. Brown University professor Kramer (Moments of Engagement, 1989—not reviewed) is a practicing psychiatrist who uses traditional techniques of therapy but also prescribes Prozac and other psychopharmaceuticals for his patients when they seem appropriate. Thanks to exposure on TV talk shows, Prozac is associated in many people's minds with suicide and violence, but only in the last chapter here—an appendix, really—does the author argue directly against these charges. What he explores instead are the far-reaching implications of the generally positive changes in temperament triggered by Prozac and other drugs prescribed to relieve anxiety and depression, and what these medications have taught us about how character and temperament are shaped. Prozac relieves mild depression, for instance, by elevating levels of serotonin in the brain. Knowledge of that fact opens the door to further investigation of chemical pathways in the brain, individual variations in levels of serotonin and other neurotransmitters, and perhaps even to early diagnosis and treatment of mood disorders. But,...

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Part of emotional self-regulation is avoiding those behaviors which self-harm: alcohol, nicotine, caffeine, recreational chemicals, habitual damaging behaviors (eating, buying, seductiveness, helplessness, dependency, vindictiveness, anger), instead placing our attention on healthy fresh fruits, vegetables, nuts, physical activity outdoors in sunshine, associating with those from whom we can learn self- and other-care and respect. Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self is a book written by psychiatrist Peter D. Kramer. Written in 1993, the book discusses how the advance of the anti-depressant drug Prozac might change the way we see personality, the relationship between neurology and personality. The Fort Lauderdale Sun Sentinel described the books as "one of the most provocative popular science books published in 1993", stating that "Kramer is in full command of the array of knowledge - from cellular biology to animal studies to literature - that he draws upon to put the impact of antidepressants into perspective. In his hands, ancient ideas suddenly seem vital again, cast in a new and disquieting light by Prozac." [1]. Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self. by Peter D. Kramer. Caring for the Mind: The Comprehensive Guide to Mental Health. by Robert E. Hales, Allen Frances, Dianne Hales. The authors are too ready to push conventional therapies, primarily drugs and psychotherapy, without enough regard to the problems associated with those therapies and without paying enough attention to more holistic approaches. Strictly speaking, Listening to Prozac is not about depression, and the author is quick to state that it is not his intention to discuss Prozac’s use as an antidepressant but rather its use in "fairly healthy people who are transformed" (a word Kramer uses several times) when they go on it.
Your self returns. But it's not the same as before. You don't feel like yourself, despite the fact that these habits and traits of character were yours for a lifetime before you took the drug. What would this experience tell you? Which is your self - the one on the drug, or the one off it? Is this View Full Text. You are going to email the following Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self. Your Personal Message. CAPTCHA. This question is for testing whether or not you are a human visitor and to prevent automated spam submissions. UK jobs. International jobs. Mersey Care NHS Trust: Consultant Adult Psychiatrist. Mersey Care NHS Trust: Consultant Adult Psychiatrist. "Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self" is a book written by psychiatrist Peter D. Kramer. Written in 1993, the book discusses how the advance of the anti-depressant drug Prozac might change the way we see personality, the relationship between body and soul. Kramer coined the term "cosmetic psychopharmacology", and in this book he discusses the philosophical, ethical and social consequences of using psychopharmacology to change your personality. He asks if it is ethically defensible to treat a healthy individual to a Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self: Revis Ed Edition Paperback â€” 1 September 1997. by Peter D Kramer (Author). Â Peter D. Kramer, M.D., recently named host of the national, weekly public radio series, The Infinite Mind, is "possibly the best-known psychiatrist in America," as The New York Times put it. Peter Kramer received his M.D. from Harvard and is the best-selling author of Listening to Prozac, Should You Leave?, Spectacular Happiness, and Moments of Engagement. Â He prescribed Prozac as an antidepressant and discovered that it was altering personalities - not in the far more negative way that was later found in cases of uncharacteristic violence, but in ways that patients perceived as positive. Listening to Prozac: A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self is a book written by psychiatrist Peter D. Kramer. Written in 1993, the book discusses how the advance of the anti-depressant drug Prozac might change the way we see personality, the relationship between neurology and personality. Kramer coined the term "Cosmetic pharmacology", and in this book he discusses the philosophical, ethical and social consequences of using psychopharmacology to change one's personality. Find many great new & used options and get the best deals for Listening to Prozac : A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self by Peter D. Kramer (1994, Trade Paperback) at the best online prices at eBay! Free shipping for many products! Â And what does it tell us about the nature of character and the mutability of self? With the addition of an afterword that gives us an up-to-date report on Prozac in America today, including his personal observations, reactions to his critics, and the latest scientific research, psychiatrist Peter Kramer reinforces what The New York Times calls 'an intelligent and informative book...which tells us new things about the chemistry of human character.'