

Lifting the Weight



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Long thought to be a "feminine" disorder connected to hormones and the premenstrual syndrome, depression actually strikes millions of men each year. With absorbing vignettes, and insights into a faulty culture that urges men to always have a stiff upper lip and shun medical attention, the author shows the ways in which depression is very much a men's disorder. And he helps us understand what we can do to treat it, to help ourselves and the men we care about recover. The author takes us into his treatment rooms to show the signs and causes of depression in men, and how they do not display the disorder most often in the way we typically associate with depression. Many men who feel depressed deny it by shifting into hypomania. Trying to hide, reject or downplay the feeling, they may become excessively elated, have a decreased need for sleep, find their thoughts racing and their sexual desire fuelled out of control. This makes the depression far more difficult for laypeople and professionals - even for the men themselves - to recognise and deal with. In the words of the author, "that is unfortunate because a small amount of medical attention and personal affection can work wonders, rechanneling the man into a life of happiness he might never have known, and a level of achievement he might never otherwise have attained."

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