

Lost Connections



[Lost Connections_下载链接1](#)

著者:Johann Hari

出版者:Bloomsbury Circus

出版时间:2018-1-11

装帧:Hardcover

isbn:9781408878682

What really causes depression and anxiety - and how can we really solve them? Award-winning journalist Johann Hari suffered from depression since he was a child and started taking anti-depressants when he was a teenager. He was told that his problems were caused by a chemical imbalance in his brain. As an adult, trained in the social sciences, he began to investigate whether this was true – and he learned that almost everything we have been told about depression and anxiety is wrong.

Across the world, Hari found social scientists who were uncovering evidence that depression and anxiety are not caused by a chemical imbalance in our brains. In fact, they are largely caused by key problems with the way we live today. Hari's journey took him from a mind-blowing series of experiments in Baltimore to an Amish community in Indiana, to an uprising in Berlin. Once he had uncovered nine real causes of depression and anxiety, they led him to scientists who are discovering seven very different solutions – ones that work.

作者介绍:

Johann Hari is the New York Times bestselling author of Chasing the Scream, which is being adapted into a feature film. He was twice named Newspaper Journalist of the Year by Amnesty International UK. He has written for the New York Times, the Los Angeles Times, and others, and he is a regular panellist on HBO's Real Time with Bill Maher. His TED talk, “Everything You Think You Know About Addiction Is Wrong,” has more than 20 million views.

目录:

[Lost Connections_下载链接1](#)

标签

心理学

心理

抑郁症

Psychology

焦虑

医学与生理

NonFiction

2019

评论

我操终于读完了 大概是Johann Hari这种人能写出来的最好的书了。。。which doesn't mean it's a good read:)

抑郁，是失去生活的意义、与人的联系和未来的愿景。

讲故事的方式不喜欢

十月底看完，抑郁症是生理/心理/环境三因素的产物，就算基因遗传，也是被压力环境 trigger 后才激活，想起之前看一个TED演讲，我们为什么一定要在小房间里叙述自己最痛苦的经历？化学物质失衡是生活失序后的产物，不是真正需要攻克的难题，当灭火的时候，我们要扑灭火源，而不是把烟吹走。PS 制药业的利润也太惊人

Read the summary

3

3.7
对于抑郁本身有一些新的启示，其实是那些习以为常的因素，但作者的大量文献综述和举证让人更深一点理解抑郁。但文学性不足，有些重复啰嗦。

现实真相很残酷，抗抑郁药没什么用

Recommended by charlie. The best book i' ve read in a long while. Introduced me to the idea of universal wage. Checking that part out next.

“We blame a collective problem on the individual.”

抗抑郁药是皇帝的新衣，鼓吹抑郁症是脑内chemistry失衡需要吃药是制药产业的阴谋

，而我曾是其中无知的推动者之一。读完会觉得，为什么这么显而易见的道理，之前我看不见？大部分人都看不见？

Anti-depression

[Lost Connections_ 下载链接1](#)

书评

[Lost Connections_ 下载链接1](#)