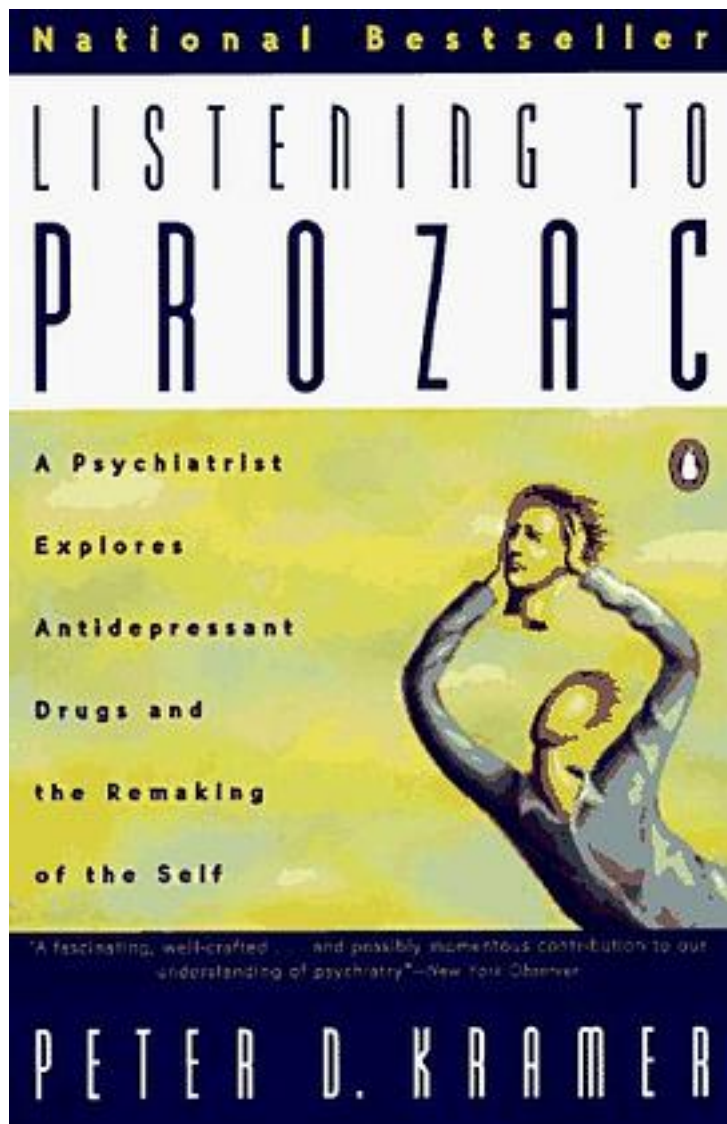


Listening to Prozac



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著者:Peter Kramer

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Amazon.com Psychiatrist Peter Kramer's book *Listening to Prozac* created a sensation when it was released in 1993, and it remains the most fascinating look at the new generation of antidepressants. Kramer found that the changes in brain chemistry brought about by Prozac had a wide variety of effects, often giving users greater feelings of self-worth and confidence, less sensitivity to social rejection, and even a greater willingness to take risks. He cites cases of mildly depressed patients who took the drug and not only felt better but underwent remarkable personality transformations--which he (along with many of the book's readers) found disconcerting, leading him to question whether the medicated or unmedicated version was the person's "real" self. Kramer has been criticized for seeming to advocate Prozac over psychotherapy or as a way of achieving personality changes not directly related to the disease of depression, such as improving one's social confidence or job performance. In fact, he makes no such recommendations; he was simply the first popular writer to suggest that these changes might occur. (He answers those critics in the afterword to this 1997 edition.) For anyone considering taking antidepressants or wanting a better understanding of the effects these drugs are having on our society, *Listening to Prozac* is a very important book. --This text refers to the Paperback edition. From Library Journal Kramer, a practicing psychiatrist, finds that the antidepressant Prozac is a powerful drug that lifts the veil of depression from most patients without significant side effects. While he unquestionably supports the use of medication to alleviate illness, he questions using drugs to make a person feel "better than well." It is the remarkable ability of Prozac to create personality changes that he finds disturbing. Is it ethical to prescribe a drug that increases a person's self-confidence, resilience, and energy level without any ill effect, when there is no underlying manifestation of illness? What is the essence of personhood and what are the philosophical implications of using drugs to alter personality? Both Kramer's unequivocal endorsement of Prozac for the treatment of depression and the questions he raises about the use of drugs for mood alteration are controversial. A glossary would have been a useful addition for lay readers. Recommended.- Carol R. Glatt, VA Medical Ctr. Lib., Philadelphia Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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目录:

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标签

抑郁症

我想读这本书

评论

中文版。有些自相矛盾之處, 一會說沒副作用, 一會又列舉了一堆.... 不過有些討論還挺有意思的, 像是某些被視為異常的情緒狀態(內向、憂鬱、完美主義傾向)是否只是因為不符合現今主流社會期望價值(外向、開朗、放鬆)...

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