



Blaming the Brain: The Truth About Drugs and Mental Health

By *Elliot Valenstein*

Download now

Read Online 

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein

Over the last thirty years, there has been a radical shift in thinking about the causes of mental illness. The psychiatric establishment and the health care industry have shifted 180 degrees from blaming mother to blaming the brain as the source of mental disorders. Whereas experience and environment were long viewed as the root causes of most emotional problems, now it is common to believe that mental disturbances -- from depression and anxiety to schizophrenia -- are determined by brain chemistry. And many people have come to accept the broader notion that their very personalities are determined by brain chemistry as well.

In his award-winning, meticulously researched, and elegantly written history of psychosurgery, "Great and Desperate Cures," Elliot Valenstein exposed the great injury to thousands of lives that resulted when the medical establishment embraced an unproven approach to mental illness. Now, in "Blaming the Brain" he exposes the many weaknesses inherent in the scientific arguments supporting the widely accepted theory that biochemical imbalances are the main cause of mental illness. Valenstein reveals how, beginning in the 1950s, the accidental discovery of a few mood-altering drugs stimulated an enormous interest in psychopharmacology, resulting in staggering growth and profits for the pharmaceutical industry. He lays bare the commercial motives of drug companies and their huge stake in expanding their markets. Prozac, Thorazine, and Zoloft are just a few of the psychoactive drugs that have dramatically changed practice in the mental health profession. Physicians today prescribe them in huge numbers even though, as several major studies reveal, their effectiveness and safety have been greatly exaggerated.

Part history, part science, part expose, and part solution, "Blaming the Brain" sounds a clarion call throughout our culture of quick-fix pharmacology and our increasing reliance on drugs as a cure-all for mental illness. This brilliant, provocative book will force patients, practitioners, and prescribers alike to rethink the causes of mental illness and the methods by which we treat it.

 [Download Blaming the Brain: The Truth About Drugs and Menta ...pdf](#)

 [Read Online Blaming the Brain: The Truth About Drugs and Men ...pdf](#)

Blaming the Brain: The Truth About Drugs and Mental Health

By Elliot Valenstein

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein

Over the last thirty years, there has been a radical shift in thinking about the causes of mental illness. The psychiatric establishment and the health care industry have shifted 180 degrees from blaming mother to blaming the brain as the source of mental disorders. Whereas experience and environment were long viewed as the root causes of most emotional problems, now it is common to believe that mental disturbances -- from depression and anxiety to schizophrenia -- are determined by brain chemistry. And many people have come to accept the broader notion that their very personalities are determined by brain chemistry as well.

In his award-winning, meticulously researched, and elegantly written history of psychosurgery, "Great and Desperate Cures," Elliot Valenstein exposed the great injury to thousands of lives that resulted when the medical establishment embraced an unproven approach to mental illness. Now, in "Blaming the Brain" he exposes the many weaknesses inherent in the scientific arguments supporting the widely accepted theory that biochemical imbalances are the main cause of mental illness. Valenstein reveals how, beginning in the 1950s, the accidental discovery of a few mood-altering drugs stimulated an enormous interest in psychopharmacology, resulting in staggering growth and profits for the pharmaceutical industry. He lays bare the commercial motives of drug companies and their huge stake in expanding their markets. Prozac, Thorazine, and Zoloft are just a few of the psychoactive drugs that have dramatically changed practice in the mental health profession. Physicians today prescribe them in huge numbers even though, as several major studies reveal, their effectiveness and safety have been greatly exaggerated.

Part history, part science, part expose, and part solution, "Blaming the Brain" sounds a clarion call throughout our culture of quick-fix pharmacology and our increasing reliance on drugs as a cure-all for mental illness. This brilliant, provocative book will force patients, practitioners, and prescribers alike to rethink the causes of mental illness and the methods by which we treat it.

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein Bibliography

- Rank: #1025287 in Books
- Brand: Brand: Free Press
- Published on: 2002-02-01
- Released on: 2002-02-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, 1.03 pounds
- Binding: Paperback
- 304 pages

 [Download Blaming the Brain: The Truth About Drugs and Menta ...pdf](#)

 [Read Online Blaming the Brain: The Truth About Drugs and Men ...pdf](#)

Download and Read Free Online **Blaming the Brain: The Truth About Drugs and Mental Health** By Elliot Valenstein

Editorial Review

Amazon.com Review

The odds are high that someone close to you has been told he or she has a "chemical imbalance" in the brain, but the odds are slim that the doctor who said it could point to any convincing evidence that it was true. The increasing awareness that most biological theories underlying diagnoses of depression, schizophrenia, and other mental problems are based very loosely on accidental drug discoveries and promoted heavily by pharmaceutical companies is the basis for neuroscientist Elliot S. Valenstein's book *Blaming the Brain*. Compelling reading for the age of Prozac, *Blaming the Brain* looks at the history of medical treatments for psychiatric disorders, and particularly the modern era of drug therapies, with the intent of uncovering whether science or rhetoric determines courses of treatment.

Claiming that there are no widely accepted theories of mental illness and that therapies are guided more by marketing than lab work hasn't won Valenstein many friends in psychiatry, but his scientific credibility is impeccable, and, better for the reader, his explanations of his doubts are clear and sensible. Whether discussing the "good old days" of insulin coma and electroshock therapies (after which drugs seemed a humane godsend) or the modern prospects of scientific research and medical clinics owned and directed by pharmaceutical companies, he maintains a calm, measured style that seeks to clothe the emperor, not replace him. *Blaming the Brain* is a powerful, thoroughly enjoyable book that will provoke much-needed thought and discussion on all sides of this important topic. --Rob Lightner

From Publishers Weekly

In the past 25 years, theories of mental illness have shifted from blaming mother to blaming the brain. While the prevailing view is that "mental illnesses are medical illnesses just like diabetes, high blood pressure or heart disease," and it's estimated that 30 million people worldwide have taken Prozac, the truth, argues Valenstein, a professor of psychology and neuroscience at the University of Michigan and the author of *Great and Desperate Cures*, is that we are only at the dawn of an understanding of mental illness. The studies he reviews indicate that a combination of medications and therapy offers the best chance of success at treating common disorders, although no one knows exactly why. Valenstein does a fine job of illuminating the various interests at work behind the ascendancy of purely biological hypotheses. They appeal to pharmaceutical companies, he suggests, for all the obvious reasons, and he details the impact that these companies have, at every level, on today's psychiatric landscape: from sponsoring research and colloquiums to lobbying government to marketing directly to both consumers and primary-care physicians?the largest prescribers of psychiatric drugs. The companies also, he reports, pressure editors of psychiatric journals, in which they also advertise, to downplay studies that cast doubt on the safety or usefulness of their drugs. Families and patients, meanwhile, embrace biological theories because they relieve them of the burden of blame, and physicians, he says, neglect their responsibility to report side effects to the FDA. This meticulously researched, evenhanded work deserves a large audience. Unfortunately, it's about as exciting to read as the fine print in your HMO contract; Valenstein, who comes out with both guns blazing, concentrates more on clearly digesting the data than on giving the story a human face.

Copyright 1998 Reed Business Information, Inc.

Review

David Healy, M.D., Ph.D. "Author of "The Antidepressant Era" Valenstein shows how the current theories of depression and schizophrenia arose, makes the case for them seem more persuasive than their original proponents did, but then in devastating fashion shows where their problems lie. More importantly, he goes

on to show why we continue to hold such beliefs that do no good for patients, that are no longer believed by neuroscientists and that hamper the development of more effective treatments...

Andrew Herxheimer "Emeritus Fellow, United Kingdom Cochrane Centre This book does something long overdue: It puts psychotropic drugs into historical and scientific perspective without being too technical. It should help prescribers and patients work together and use these drugs more carefully.

Joseph LeDoux, Ph.D. "Author of "The Emotional Brain" Valenstein swings a heavy bat at the conceptual basis of biological psychiatry. The book will surely shock psychiatric patients and will lead to soul searching amongst psychiatrists. Biological psychiatry will come out of the controversy that's sure to emerge either badly wounded or much stronger, but will never be the same.

Jerome Kagan, Ph.D. "Author of "Nature of the Child" and Professor of Psychology, Harvard University Once again, Elliot Valenstein challenges contemporary dogma -- this time by combining a lively, informative history of the growth of psychopharmacology with a critique of its deepest assumptions. The controversy this book will surely provoke reflects the significance of its arguments. Those who are friendly to or suspicious of the claim that all mental illness is primarily a biochemical disorder will profit from this bold, clearly written book.

Michael S. Gazziniga, Ph.D. "Director, Center for Cognitive Neuroscience, Dartmouth College Elliot Valenstein has provided us with a fast-moving and eye-opening account of why the brain story is but a part of the puzzle of mental illness. He has to be right.

Users Review

From reader reviews:

Errol Sawyer:

In other case, little individuals like to read book Blaming the Brain: The Truth About Drugs and Mental Health. You can choose the best book if you want reading a book. Given that we know about how is important a book Blaming the Brain: The Truth About Drugs and Mental Health. You can add know-how and of course you can around the world by a book. Absolutely right, mainly because from book you can learn everything! From your country till foreign or abroad you will be known. About simple thing until wonderful thing you can know that. In this era, we can open a book or even searching by internet product. It is called e-book. You can use it when you feel fed up to go to the library. Let's learn.

Victor Willis:

Here thing why this kind of Blaming the Brain: The Truth About Drugs and Mental Health are different and dependable to be yours. First of all studying a book is good but it depends in the content of it which is the content is as delightful as food or not. Blaming the Brain: The Truth About Drugs and Mental Health giving you information deeper including different ways, you can find any reserve out there but there is no e-book that similar with Blaming the Brain: The Truth About Drugs and Mental Health. It gives you thrill reading journey, its open up your current eyes about the thing that will happened in the world which is maybe can be happened around you. You can easily bring everywhere like in park your car, café, or even in your way home by train. If you are having difficulties in bringing the imprinted book maybe the form of Blaming the Brain: The Truth About Drugs and Mental Health in e-book can be your alternative.

Michael Rahn:

In this particular era which is the greater particular person or who has ability in doing something more are more special than other. Do you want to become certainly one of it? It is just simple solution to have that. What you should do is just spending your time little but quite enough to experience a look at some books. One of several books in the top record in your reading list is usually Blaming the Brain: The Truth About Drugs and Mental Health. This book and that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking upward and review this guide you can get many advantages.

Nancy Landry:

What is your hobby? Have you heard that question when you got pupils? We believe that that query was given by teacher to the students. Many kinds of hobby, All people has different hobby. And you also know that little person similar to reading or as examining become their hobby. You should know that reading is very important along with book as to be the factor. Book is important thing to include you knowledge, except your own teacher or lecturer. You see good news or update with regards to something by book. A substantial number of sorts of books that can you choose to adopt be your object. One of them are these claims Blaming the Brain: The Truth About Drugs and Mental Health.

Download and Read Online Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein #YLOQTW9MCHP

Read Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein for online ebook

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein books to read online.

Online Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein ebook PDF download

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein Doc

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein Mobipocket

Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein EPub

YLOQTW9MCHP: Blaming the Brain: The Truth About Drugs and Mental Health By Elliot Valenstein