

# [Xanax Reviews For Depression](#)

## **Xanax Reviews for Depression: A Comprehensive Guide**

### Introduction:

Are you considering Xanax (alprazolam) for depression? Feeling overwhelmed by the complexities of medication choices and searching for honest, unbiased information? This comprehensive guide dives deep into real-world experiences with Xanax for depression, exploring its potential benefits, significant drawbacks, and the crucial considerations before starting this medication. We'll analyze user reviews, examine scientific evidence, and discuss safer alternatives to help you make informed decisions about your mental health journey. This isn't medical advice; rather, it's a resource to empower you with knowledge as you collaborate with your healthcare provider.

### H1: Understanding Xanax and its Mechanism of Action

Xanax, a benzodiazepine, primarily works by enhancing the effects of GABA (gamma-aminobutyric acid), a neurotransmitter that inhibits brain activity. This calming effect can temporarily alleviate anxiety symptoms, which often co-occur with depression. However, it's crucial to understand that Xanax doesn't directly treat the underlying causes of depression. Its impact on mood is often indirect and short-lived.

### H2: Xanax Reviews for Depression: What Users Say

Online forums and review sites offer a glimpse into individual experiences with Xanax for depression. While some users report initial relief from anxiety and improved sleep, leading to a slight improvement in mood, many describe a dependency developing quickly. Common negative reviews highlight:

Short-term relief, long-term dependence: Xanax's short half-life means frequent dosing is often required, escalating the risk of addiction.

Withdrawal symptoms: Discontinuing Xanax abruptly can lead to severe and potentially dangerous withdrawal symptoms, including anxiety, seizures, and hallucinations.

Limited efficacy for major depressive disorder: Many users report that Xanax doesn't significantly improve their depressive symptoms, only masking anxiety temporarily.

Cognitive impairment: Reports of drowsiness, cognitive fog, and impaired memory are frequent among users.

Increased risk of falls and accidents: Sedation can impair motor skills and coordination.

It's vital to remember that these reviews represent individual experiences and may not reflect the outcomes for everyone.

### H3: Scientific Evidence and Research on Xanax for Depression

While Xanax is effective for treating anxiety disorders, scientific evidence supporting its use as a primary treatment for depression is limited. Studies show it might provide temporary anxiety relief, indirectly leading to some mood improvement, but it's not a first-line treatment for major depressive disorder (MDD). The potential for dependence and the lack of long-term efficacy make it a less

favorable option compared to antidepressants specifically designed to treat depression.

#### H4: Safer Alternatives to Xanax for Depression

Several treatments are more effective and safer for managing depression in the long term:

Antidepressants: SSRIs (selective serotonin reuptake inhibitors), SNRIs (serotonin-norepinephrine reuptake inhibitors), and other classes of antidepressants directly target the neurochemical imbalances associated with depression. They often require several weeks to take full effect but offer sustained improvement.

Therapy: Cognitive Behavioral Therapy (CBT) and other forms of psychotherapy can help individuals identify and change negative thought patterns and behaviors contributing to depression.

Lifestyle changes: Regular exercise, a balanced diet, sufficient sleep, and stress-reduction techniques can significantly improve mood and overall well-being.

Choosing the right approach requires a thorough evaluation by a healthcare professional.

#### H5: The Importance of Professional Guidance

Never start or stop taking any medication, including Xanax, without consulting your doctor or psychiatrist. They can assess your specific situation, consider potential risks and benefits, and guide you towards the most appropriate treatment plan. Self-medicating can be dangerous and may worsen your condition.

#### H6: Conclusion: Making Informed Decisions About Your Mental Health

Xanax reviews for depression reveal a mixed picture. While some individuals might experience temporary anxiety relief, the risks of dependence, withdrawal, and limited efficacy for major depressive disorder make it a questionable choice for long-term management. Prioritize professional guidance, explore evidence-based alternatives, and prioritize a holistic approach to mental health that combines medication (if necessary), therapy, and lifestyle changes. Remember, your mental health journey is unique, and finding the right path requires patience, persistence, and collaboration with your healthcare team.

Article Outline:

Author: Dr. Emily Carter, MD

Outline:

Introduction: Hook, overview of Xanax and its use for depression.

Chapter 1: Xanax Mechanism of Action: Detailed explanation of how Xanax affects the brain.

Chapter 2: User Reviews & Experiences: Analysis of online reviews, highlighting both positive and negative aspects.

Chapter 3: Scientific Evidence & Research: Review of scientific studies on Xanax's effectiveness for depression.

Chapter 4: Safer Alternatives: Discussion of alternative treatments for depression, emphasizing safer options.

Chapter 5: The Crucial Role of Professional Guidance: Stressing the importance of consulting a healthcare provider.

Chapter 6: Conclusion: Summary of key findings and recommendations.

(Each chapter would then be expanded upon, elaborating on the points mentioned in the outline above. This is omitted here due to length constraints, but the previous sections provide the content for these chapters.)

#### FAQs:

1. Is Xanax effective for long-term depression treatment? No, Xanax is not recommended for long-term depression treatment due to its addictive potential and limited efficacy for MDD.
2. What are the common side effects of Xanax? Common side effects include drowsiness, dizziness, confusion, memory problems, and impaired coordination.
3. Can I stop taking Xanax suddenly? No, abruptly stopping Xanax can lead to dangerous withdrawal symptoms. Always taper off under medical supervision.
4. Is Xanax addictive? Yes, Xanax is a highly addictive substance and can lead to physical and psychological dependence.
5. What are better alternatives to Xanax for depression? Antidepressants, therapy (CBT), and lifestyle changes are generally safer and more effective.
6. How long does it take for Xanax to work? The effects of Xanax are typically felt within 30-60 minutes.
7. Can Xanax be used with other medications? It's crucial to discuss all medications with your doctor to avoid dangerous interactions.
8. What are the withdrawal symptoms of Xanax? Withdrawal symptoms can include anxiety, insomnia, seizures, tremors, and hallucinations.
9. Should I take Xanax for anxiety if I have depression? While it might temporarily alleviate anxiety symptoms, it's not a primary treatment for depression and may worsen the underlying condition.

#### Related Articles:

1. Understanding Major Depressive Disorder (MDD): A comprehensive overview of MDD symptoms, diagnosis, and treatment options.
2. The Effectiveness of SSRIs for Depression: A detailed look at selective serotonin reuptake inhibitors and their role in depression treatment.
3. Cognitive Behavioral Therapy (CBT) for Depression: Exploring the principles and techniques of CBT and its effectiveness in managing depression.
4. Natural Remedies for Anxiety and Depression: Examining natural approaches to managing anxiety and depression, including lifestyle changes and supplements.
5. The Dangers of Benzodiazepine Dependence: A discussion on the risks associated with long-term benzodiazepine use.
6. Finding the Right Therapist for Depression: Guidance on choosing a qualified therapist and building a therapeutic relationship.
7. Managing Depression During the Holidays: Tips and strategies for coping with depression during stressful times.
8. The Role of Exercise in Mental Wellness: Exploring the benefits of regular physical activity for mental health.

9. Understanding the Different Types of Depression: A detailed explanation of various types of depression and their unique characteristics.

**xanax reviews for depression: Pharmacological Treatment of Mental Disorders in Primary Health Care** World Health Organization, 2009 This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process.

**xanax reviews for depression: *The Noonday Demon*** Andrew Solomon, 2014-09-16 The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies. This book examines depression in personal, cultural, and scientific terms. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations, around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. He takes readers on a journey into the most pervasive of family secrets and contributes to our understanding not only of mental illness but also of the human condition.

**xanax reviews for depression: Fluoxetine** Graziano Pinna, 2015-04-01 Fluoxetine, best known by the trade name Prozac®, unlike other psychotropic drugs whose effects were serendipitously stumbled upon, was the first developed for a precise mechanism of action, that is, the ability to selectively inhibit serotonin reuptake, based upon the theory that increasing the availability of serotonin would treat major depression. Once approved by the FDA in 1987, fluoxetine quickly became the most prescribed psychotropic drug worldwide and its success in improving mood disorders has triggered the development of a large number of congener molecules, commonly known as SSRIs after their purported mechanism of action. However, a quarter of a century after its development, the idea that fluoxetine asserts its positive behavioral effect through inhibition of serotonergic reuptake is not firmly established. This book reviews several preclinical and clinical reports suggesting that the pharmacological effects of fluoxetine may be mediated by means other than the regulation of serotonin, including the regulation of gene expression, modifying epigenetic mechanisms as well as modifying microRNAs. One of the most prominent mechanisms for the therapeutic relevance of fluoxetine relates to influencing neuroplasticity by enhancing neurotrophic factors, including BDNF signaling and altering adult neurogenesis. The ability of fluoxetine to rapidly increase neurosteroid levels accounts for the fast anxiolytic effects of this drug. Fluoxetine action at sigma-1 receptor or modulating glutamatergic neurotransmission as well as the combination of fluoxetine with other psychotropic drugs is discussed in relation to its therapeutic effects. While fluoxetine was primarily prescribed as an antidepressant, this drug currently represents a treatment of choice for a broad spectrum of psychiatric disorders, including post-traumatic stress disorder and a range of anxiety disorders. This drug even possesses analgesic actions and is a valuable therapy for stroke. This book also highlights emerging evidence on the gender-specific effects of fluoxetine, its potential adverse features, including its addiction liability in combination with psychostimulants, and the impact of perinatal fluoxetine exposure.

**xanax reviews for depression: When Panic Attacks** David D. Burns, M.D., 2006-05-09 The truth is that you can defeat your fears. The author of the four-million-copy bestselling *Feeling Good* offers 40+ simple, effective CBT-based techniques to overcome every conceivable kind of anxiety—without medication. “Few truly great books on psychotherapy have been published, and

this is one of them.”—Albert Ellis, Ph.D., founder of the Albert Ellis Institute and bestselling author of *A Guide to Rational Living* We all know what it’s like to feel anxious, worried, or panicky. What you may not realize is that these fears are almost never based on reality. When you’re anxious, you’re actually fooling yourself, telling yourself things that simply aren’t true. See if you can recognize yourself in any of these distortions: All-or-Nothing Thinking: “My mind will go blank when I give my presentation at work, and everyone will think I’m an idiot.” Fortune Telling: “I just know I’ll freeze up and blow it when I take my test.” Mind Reading: “Everyone at this party can see how nervous I am.” Magnification: “Flying is so dangerous. I think this plane is going to crash!” Should Statements: “I shouldn’t be so anxious and insecure. Other people don’t feel this way.” Self-Blame: “What’s wrong with me? I’m such a loser!” Mental Filter: “Why can’t I get anything done? My life seems like one long procrastination.” Using techniques from cognitive behavioral therapy (CBT), which focuses on practical, solution-based methods for understanding and overcoming negative thoughts and emotions, *When Panic Attacks* gives you the ammunition to quickly defeat every conceivable kind of anxiety, such as chronic worrying, shyness, public speaking anxiety, test anxiety, and phobias, without lengthy therapy or prescription drugs. With forty fast-acting techniques that have been shown to be more effective than medications, *When Panic Attacks* is an indispensable handbook for anyone who’s worried sick and sick of worrying.

**xanax reviews for depression: Medications for Anxiety and Depression** Benjamin Kramer, 2014-01-01 Brand new 2015 edition, with an expanded section on off-label and experimental options, along with a fascinating explanation of the current research into the next generation of drugs to treat mood & anxiety-spectrum disorders Are you confused about which antidepressant is right for you? Would you like to learn all the important information on all of the antidepressants currently available? Do you suffer from - - Major depression (including treatment-resistant depression and dysthymia) - Generalized anxiety disorder - Panic disorder - Phobic disorder - Obsessive compulsive disorder (OCD) ...or any mood disorder which is one the depressive or anxious spectrum? There are huge differences even between just SSRIs, let alone the huge number of alternatives you have probably never heard of. Unfortunately, doctors tend to be incredibly busy, and sometimes they just don't have the time to finely calibrate your treatment. This means that very often, you will just be given the drug your doctor has the most experience in. This may or may not be the right tool for the job. Quite often we see the example of two patients visiting the same doctor - one patient anxious and one patient lethargic and depressed. Yet both emerge from the doctor's office with a prescription for the same SSRI. Depression and anxiety are incredibly varied conditions. Some people are anxious depressed whereas others can be more low energy depressed. Or if we look specifically at anxiety disorders, the right drug (and dosage) for someone with panic disorder and for someone with OCD is dramatically different. Each condition needs a slightly different pharmacological approach. This comprehensive, encyclopedic guide by Benjamin Kramer (author of *Brain Renovation*), provides detailed information on every common antidepressant and anxiolytic (anti-anxiety medication) such as - - SSRIs (Selective serotonin re-uptake inhibitors - such as Zoloft, Paxil, Prozac & Lexapro) - SNRIs (Serotonin & Norepinephrine re-uptake inhibitors - such as Effexor & Cymbalta) - Atypical antidepressants (such as Remeron, Buspar & Wellbutrin) - TCAs (Tricyclic antidepressants - such as Endep & Anafranil) - Benzodiazepines (such as Xanax, Ativan & Klonopin) - Off-label and experimental options including stimulants (amphetamine, methylphenidate), Lyrica, tramadol memantine and ketamine - Upcoming drugs due to become available soon Learn about how the slight differences between each drug can be the difference between success and failure. There is no such thing as the 'best' antidepressant - it depends on the individual and the nature of the illness. Are you anxious and depressed? Are you unmotivated with a lack of energy? Can't sleep? In pain? All these factors should influence your doctor's (and your own) choice as to the best option for you. Kramer also addresses the most common questions people have when starting an antidepressant or looking for one which works, such as - - Which medications won't make me put on weight? - Which medications will kill my libido? What adjunct options do I have for restoring libido? - How long will the medication take to start working? So before you visit your physician, get as much information as

possible so you can participate in the decision-making process aimed at deciding on the best treatment. To this end, Kramer has also included brand new layman's explanations of the most common questions around exactly how each drug works, including - - How does an SSRI (selective serotonin reuptake inhibitor) work? - How does a tricyclic work? - How does a MAOI (monoamine oxidase inhibitor) work? - What is the different between an agonist and an antagonist? - How can I tell which drug is the most potent?

**xanax reviews for depression: Prozac Nation** Elizabeth Wurtzel, 2014-11-04 Elizabeth Wurtzel's New York Times best-selling memoir, with a new afterword Sparkling, luminescent prose . . . A powerful portrait of one girl's journey through the purgatory of depression and back. —New York Times A book that became a cultural touchstone. —New Yorker Elizabeth Wurtzel writes with her finger on the faint pulse of an overdiagnosed generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. Her famous memoir of her bouts with depression and skirmishes with drugs, *Prozac Nation* is a witty and sharp account of the psychopharmacology of an era for readers of *Girl, Interrupted* and Sylvia Plath's *The Bell Jar*.

**xanax reviews for depression: Drug-Induced Liver Injury** , 2019-07-13 *Drug-Induced Liver Injury*, Volume 85, the newest volume in the *Advances in Pharmacology* series, presents a variety of chapters from the best authors in the field. Chapters in this new release include Cell death mechanisms in DILI, Mitochondria in DILI, Primary hepatocytes and their cultures for the testing of drug-induced liver injury, MetaHeps an alternate approach to identify IDILI, Autophagy and DILI, Biomarkers and DILI, Regeneration and DILI, Drug-induced liver injury in obesity and nonalcoholic fatty liver disease, Mechanisms of Idiosyncratic Drug-Induced Liver Injury, the Evaluation and Treatment of Acetaminophen Toxicity, and much more. - Includes the authority and expertise of leading contributors in pharmacology - Presents the latest release in the *Advances in Pharmacology* series

**xanax reviews for depression: A Really Good Day** Ayelet Waldman, 2017 In an effort to treat a debilitating mood disorder, Ayelet Waldman undertook a very private experiment, ingesting 10 micrograms of LSD every three days for a month. This is the story--by turns revealing, courageous, fascinating and funny--of her quietly psychedelic spring, her quest to understand one of our most feared drugs, and her search for a really good day--

**xanax reviews for depression: Blood Orange Night** Melissa Bond, 2022-06-14 *Brain on Fire* meets *High Achiever* in this “page-turner memoir chronicling a woman’s accidental descent into prescription benzodiazepine dependence—and the life-threatening impacts of long-term use—that chills to the bone” (Nylon). As Melissa Bond raises her infant daughter and a special-needs one-year-old son, she suffers from unbearable insomnia, sleeping an hour or less each night. She loses her job as a journalist (a casualty of the 2008 recession), and her relationship with her husband grows distant. Her doctor casually prescribes benzodiazepines—a family of drugs that includes Xanax, Valium, Klonopin, Ativan—and increases her dosage regularly. Following her doctor’s orders, Melissa takes the pills night after night until her body begins to shut down. Only when she collapses while holding her daughter does Melissa learn that her doctor—like so many others—has over-prescribed the medication and quitting cold turkey could lead to psychosis or fatal seizures. Benzodiazepine addiction is not well studied, and few experts know how to help Melissa as she begins the months-long process of tapering off the pills without suffering debilitating, potentially deadly consequences. Each page thrums with the heartbeat of Melissa’s struggle—how many hours has she slept? How many weeks old are her babies? How many milligrams has she taken? Her propulsive writing crescendos to a fever pitch as she fights for her health and her ability to care for her children. “Propulsive, poetic” (Shelf Awareness), and immersive, this “vivid chronicle of suffering” (Kirkus Reviews) and redemption shines a light on the prescription benzodiazepine epidemic as it reaches a crisis point in this country.

**xanax reviews for depression: I Had a Black Dog** Matthew Johnstone, 2012-03-01 'I Had a Black Dog' says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a

prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

**xanax reviews for depression: As Good as Dead** Holly Jackson, 2021-09-28 THE MUST-READ MULTIMILLION BESTSELLING MYSTERY SERIES • The final book in the A Good Girl's Guide to Murder series that reads like your favorite true crime podcast or show. By the end, you'll never think of good girls the same way again... Pip is about to head to college, but she is still haunted by the way her last investigation ended. She's used to online death threats in the wake of her viral true-crime podcast, but she can't help noticing an anonymous person who keeps asking her: Who will look for you when you're the one who disappears? Soon the threats escalate and Pip realizes that someone is following her in real life. When she starts to find connections between her stalker and a local serial killer caught six years ago, she wonders if maybe the wrong man is behind bars. Police refuse to act, so Pip has only one choice: find the suspect herself—or be the next victim. As the deadly game plays out, Pip discovers that everything in her small town is coming full circle . . .and if she doesn't find the answers, this time she will be the one who disappears. . . And don't miss Holly Jackson's next thriller, Five Survive!

**xanax reviews for depression: Depression-Free, Naturally** Joan Mathews Larson, PhD, 2011-05-11 Many of you who appear to have life under control are simply great actors. Underneath you live with inner tensions, anxiety or panic states, feelings of hopelessness or paranoia, racing thoughts, ongoing anger, bone-weary fatigue. . . . The good news is that all this is fixable. What is the best treatment for ongoing depression, mood swings, exhaustion, and anxiety? Psychotherapy? Prescription drugs? Or is there a natural way that works better and is safer, faster, and cheaper? There is, and now Joan Mathews Larson, Ph.D., the brilliant nutritionist who founded Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Twenty years of working with both addicted and nonaddicted patients has shown Larson that unhealthy and unstable moods are the result of the chemistry of our physical brains and are not psychological in origin. When you feed your imbalanced brain what it craves--the key essential fatty acids (EFAs), natural mind-body hormones, and the right amino acids--most mood swings, depressions, anxiety, and other upsets will disappear, even if they have a genetic basis. Through proven all-natural formulas, *Seven Weeks to Emotional Healing* will help you find the emotional stability and well-being you've been missing your entire life. Inside you'll discover how to - Screen yourself for emotional and behavioral symptoms - Recognize the mental and physical clues that indicate biochemical imbalances - Find an open-minded health practitioner - Eat the right foods for optimal mental fitness Dr. Larson also provides her unique anti-aging formula that restores sexual function, rejuvenates the immune system, elevates mood and energy levels, reduces stress, and expands your life span! *Seven Weeks to Emotional Healing* is both responsible and effective--and gives you the tools you need to find lasting emotional health and contentment for the first time in your life.

**xanax reviews for depression: The Mood Cure** Julia Ross, 2003-12-30 Are you a part of the bad mood epidemic? Here are the answers you've been looking for! Julia Ross's plan provides a natural cure for your mood. Drawing on thirty years of experience, she presents breakthrough solutions to overcoming depression, anxiety, irritability, stress, and other negative emotional states that are diminishing the quality of our lives. Her comprehensive program is based on the use of four mood-building amino acids and other surprisingly potent nutrient supplements, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables. Including an individualized mood-type questionnaire, *The Mood Cure* has all the tools to help you get started today and feel better tomorrow.

**xanax reviews for depression:** *Toxicological Aspects of Drug-Facilitated Crimes* Pascal Kintz, 2014-03-22 Toxicological Aspects of Drug-Facilitated Crimes provides readers with an overview of the field of DFC: its history, toxicological effects, analysis, interpretation of results, the roles that age, gender and race may play, and clinical presentations of these drugs. The most commonly used drugs in DFC are addressed (alcohol, cannabis, MDMA, and cocaine), as well as an emerging range of pharmaceuticals (benzodiazepines, hypnotics, sedatives, neuroleptics, histamine H1-antagonists, or anesthetics), which are becoming more widely used, but are more difficult to detect. Edited by a world-renowned expert in the field of Forensic and Analytical Toxicology, Pascal Kintz, this book investigates toxicants of emerging concern and brings together a number of experts in the field to address the most recent discoveries on DFC toxicology. - Brings together the latest research on the toxicological analysis of drug-facilitated crimes (DFC), with real-life case studies - Provides up-to-date analytical techniques for determining toxicity levels in blood, urine, and hair - Covers all types of toxicants involved in DFC, including alcohol, cannabis, MDMA, and a wide variety of pharmaceuticals

**xanax reviews for depression:** *The Anxiety Skills Workbook* Stefan G. Hofmann, 2020-04-01 Overcome anxiety, fear, and worry—and start living the life you want. If you suffer from an anxiety disorder, you aren't alone. Anxiety is at epidemic levels. Fortunately, there are effective—and fast—techniques you can use to break free from worry and get back to the things that matter to you. This workbook offers a comprehensive collection of simple treatment strategies to help get you started. In *The Anxiety Skills Workbook*, you'll find tons of tips and tricks for managing your anxiety and worry using cognitive behavioral therapy (CBT) and mindfulness. Based on the evidence-based treatment model developed at the Center for Anxiety and Related Disorders at Boston University—one of the premier anxiety centers in the world—this book will help you understand and effectively deal with anxiety and worry anytime, anywhere. The unique “module” format of this workbook allows you to focus on your own individual anxiety and worry patterns. While it is recommended that you take a chronological path through the material, the pacing and length of each module allows for flexibly adapting to your individual needs. In other words, you can use this book however you like—whether that means starting at the beginning, middle, or end. Choose what works for you. With this unique workbook, you'll learn better ways to cope with your anxiety, so you can get back to living your life.

**xanax reviews for depression:** *The Benzo Book* Jack Hobson-Dupont, 2006-06-01 FROM THE BACK COVER: Are you--or is someone you care about--taking tranquilizers or sleeping pills? You could be at risk of addiction without even knowing it. Benzos are the most commonly prescribed tranquilizers and sleeping pills, in use by millions of people. Doctors prescribe these drugs routinely without ever warning patients that regular use may cause a dangerous dependency. For many people, Benzos are much harder to quit than heroin, cocaine, crack and other illegal substances, even when taken under a physician's supervision. Benzo Withdrawal may last for months, even years. Get the facts about the drugs in your medicine cabinet--facts the pharmaceutical companies, and even the FDA, don't want you to know. The Benzo Book recounts the author's experience as an unwitting addict, with full details about minimizing withdrawal symptoms, and exposes the sociological, medical and economic factors which cause this widespread--yet largely unknown--problem.

**xanax reviews for depression:** *Furiously Happy* Jenny Lawson, 2015-10-01 For fans of David Sedaris, Tina Fey and Caitlin Moran comes the new book from Jenny Lawson, author of the #1 New York Times bestseller *Let's Pretend This Never Happened...* In *Let's Pretend This Never Happened*, Jenny Lawson regaled readers with uproarious stories of her bizarre childhood. In her new book, *Furiously Happy*, she explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. And terrible ideas are what Jenny does best. As Jenny says: You can't experience pain without also experiencing the baffling and ridiculous moments of being fiercely, unapologetically, intensely and (above all) furiously happy. It's a philosophy that has - quite literally - saved her life. Jenny's first book, *Let's Pretend This Never*



Happened, was ostensibly about family, but deep down it was about celebrating your own weirdness. Furiously Happy is a book about mental illness, but under the surface it's about embracing joy in fantastic and outrageous ways. And who doesn't need a bit more of that?

**xanax reviews for depression:** Loved P. C. Cast, Kristin Cast, 2017-07-11 "The House of Night series is back and better than ever! The Nerd Herd is together again, and drama, thrills, and chills follow...A welcome return to this beloved universe."—RT Book Reviews (4 1/2 stars, Top Pick!) It's Zoey's eighteenth birthmas and the Nerd Herd has been scattered across the country busily adulating for almost a year when Stark calls them back to Tulsa to surprise Z. But all is not well in T-Town. Strange, dark signs are appearing—could it be possible Neferet is stirring? Not willing to chance disaster striking again, Zoey calls on her newly reunited friends to circle with her and add a layer of protection over Neferet's grotto jail. Easy-peasy, right? Wrong. Nothing at the House of Night is ever as it seems. With rabid red vampyres closing in, Zoey and the Nerd Herd must come together again and battle evil. But a year is a long time. Have these old friends grown too far apart? When the world fractures and allies become enemies, will darkness devour friendships or will light save those she's loved?

**xanax reviews for depression:** **No One Asked for This** Cazzie David, 2020 From writer/director Cazzie David comes a series of comedic essays about anxiety, social media, generational malaise, and growing up in a famous family.

**xanax reviews for depression:** **More, Now, Again** Elizabeth Wurtzel, 2003-01-07 This is the brutally honest account of Wurtzel's descent into drug addiction and how she managed to break free from Ritalin to love life and herself.

**xanax reviews for depression:** *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness* Anne Harrington, 2019-04-16 "Superb... a nuanced account of biological psychiatry."—Richard J. McNally In *Mind Fixers*, "the preeminent historian of neuroscience" (Science magazine) Anne Harrington explores psychiatry's repeatedly frustrated efforts to understand mental disorder. She shows that psychiatry's waxing and waning theories have been shaped not just by developments in the clinic and lab, but also by a surprising range of social factors. *Mind Fixers* recounts the past and present struggle to make mental illness a biological problem in order to lay the groundwork for creating a better future.

**xanax reviews for depression:** **My Year of Rest and Relaxation** Ottessa Moshfegh, 2018-07-10 From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? *My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

**xanax reviews for depression:** **The Anatomy of Melancholy** Robert Burton, 1859

**xanax reviews for depression:** *Hepatotoxicity* Hyman J. Zimmerman, 1999 Written by the foremost authority in the field, this volume is a comprehensive review of the multifaceted phenomenon of hepatotoxicity. Dr. Zimmerman examines the interface between chemicals and the liver; the latest research in experimental hepatotoxicology; the hepatotoxic risks of household, industrial, and environmental chemicals; and the adverse effects of drugs on the liver. This thoroughly revised, updated Second Edition features a greatly expanded section on the wide variety

of drugs that can cause liver injury. For quick reference, an appendix lists these medications and their associated hepatic injuries. Also included are in-depth discussions of drug metabolism and factors affecting susceptibility to liver injury.

**xanax reviews for depression: The Ashton Manual (Revised)** Prof Ashton, 2024-04-18 This publication presents insights into the impacts of benzodiazepines on both the mind and body, elucidating the mechanisms through which these effects manifest. It offers comprehensive guidance on safely discontinuing usage following extended periods, furnishing tailored tapering plans for various benzodiazepines. The text delves into withdrawal symptoms, both immediate and prolonged, elucidating their underlying causes and strategies for managing them. Ultimately, the overarching message underscores the potential for successful withdrawal among most long-term benzodiazepine users, leading to enhanced well-being and contentment.

**xanax reviews for depression: Major Labels** Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year "One of the best books of its kind in decades." —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In Major Labels, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, Major Labels pays in full.

**xanax reviews for depression: Cracked** James Davies, 2021-11-15 A "thought-provoking" look at the psychiatric profession, the overprescribing of pharmaceuticals, and the cost to patients' health (Booklist). In an effort to enlighten a new generation about its growing reliance on psychiatry, this illuminating volume investigates why psychiatry has become the fastest-growing medical field in history; why psychiatric drugs are now more widely prescribed than ever before; and why psychiatry, without solid scientific justification, keeps expanding the number of mental disorders it believes to exist. This revealing volume shows that these issues can be explained by one startling fact: in recent decades psychiatry has become so motivated by power that it has put the pursuit of pharmaceutical riches above its patients' wellbeing. Readers will be shocked and dismayed to discover that psychiatry, in the name of helping others, has actually been helping itself. In a style reminiscent of Ben Goldacre's Bad Science and investigative in tone, James Davies reveals psychiatry's hidden failings and how the field of study must change if it is to ever win back its patients' trust.

**xanax reviews for depression: Acute Pain Management** Raymond S. Sinatra, 2009-04-27 This textbook provides an overview of pain management useful to specialists as well as non-specialists, surgeons, and nursing staff.

**xanax reviews for depression: Dirty Genes** Ben Lynch, 2018-01-30 Instant National Bestseller After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your

environment, diet, or lifestyle—causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes. Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can eliminate symptoms, and optimize your physical and mental health—and ultimately rewrite your genetic destiny.

**xanax reviews for depression:** Empire of Pain Patrick Radden Keefe, 2021-04-13 A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin, by the prize-winning, bestselling author of *Say Nothing* The Sackler name adorns the walls of many storied institutions—Harvard, the Metropolitan Museum of Art, Oxford, the Louvre. They are one of the richest families in the world, known for their lavish donations to the arts and the sciences. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis. *Empire of Pain* begins with the story of three doctor brothers, Raymond, Mortimer and the incalculably energetic Arthur, who weathered the poverty of the Great Depression and appalling anti-Semitism. Working at a barbaric mental institution, Arthur saw a better way and conducted groundbreaking research into drug treatments. He also had a genius for marketing, especially for pharmaceuticals, and bought a small ad firm. Arthur devised the marketing for Valium, and built the first great Sackler fortune. He purchased a drug manufacturer, Purdue Frederick, which would be run by Raymond and Mortimer. The brothers began collecting art, and wives, and grand residences in exotic locales. Their children and grandchildren grew up in luxury. Forty years later, Raymond's son Richard ran the family-owned Purdue. The template Arthur Sackler created to sell Valium—co-opting doctors, influencing the FDA, downplaying the drug's addictiveness—was employed to launch a far more potent product: OxyContin. The drug went on to generate some thirty-five billion dollars in revenue, and to launch a public health crisis in which hundreds of thousands would die. This is the saga of three generations of a single family and the mark they would leave on the world, a tale that moves from the bustling streets of early twentieth-century Brooklyn to the seaside palaces of Greenwich, Connecticut, and Cap d'Antibes to the corridors of power in Washington, D.C. *Empire of Pain* chronicles the multiple investigations of the Sacklers and their company, and the scorched-earth legal tactics that the family has used to evade accountability. The history of the Sackler dynasty is rife with drama—baroque personal lives; bitter disputes over estates; fistfights in boardrooms; glittering art collections; Machiavellian courtroom maneuvers; and the calculated use of money to burnish reputations and crush the less powerful. *Empire of Pain* is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes.

**xanax reviews for depression:** *Bipolar, Not So Much: Understanding Your Mood Swings and Depression* Chris Aiken, James Phelps, 2017-01-17 Approaching depression as a complex disorder with many different facets rather than all-or-nothing. Now available in paperback with an updated preface. Depression confuses the mind, strips away hope, and causes people to blame themselves for an illness they never asked for. This book presents a revolutionary new understanding of the concept of depression and offers readers skills and strategies to manage it. No longer is this a one-size-fits-all diagnosis, and antidepressants are no longer the one-size-fits-all treatment. Mood disorders are now seen to form a spectrum of problems, from common depression on one end to full bipolar disorder on the other. In between these extremes are multitudes of people who are on the middle of the mood spectrum, and this book is for them. The first part of the book helps readers

answer the question, “Where am I on the mood spectrum?” By laying the foundation for understanding this spectrum, Aiken and Phelps highlight the key distinctions that define unipolarity, bipolarity, hypomania, mania, and depression. Readers will be able to discern which definition best fits their experience, and use this understanding to learn which treatment methods will work best. The authors also empower readers to look beyond antidepressants. They walk readers through new medications for the mood spectrum, and offer a guide to non-medication treatments that anyone can use on their own, from diet and lifestyle changes to natural supplements. The book also discusses other innovative technologies that can aid in recovery, including dawn simulators, mood apps, and blue-light filters. This thoughtful and beneficial book will offer readers skills and strategies, as well as hope, in the face of debilitating mental challenges.

**xanax reviews for depression: Comprehensive Reviews in Toxicology** Peter D Bryson, 1996-09-03 Revised and updated, this edition covers general principles of overdose management; the autonomic nervous system, neurotransmitters and drugs; drugs used in psychiatry; cardiac drugs; agents that burn; gases and abnormal haemoglobin formation; the

**xanax reviews for depression: Feeling Good** David D. Burns, M.D., 2012-11-20 National Bestseller – More than five million copies sold worldwide! From renowned psychiatrist Dr. David D. Burns, the revolutionary volume that popularized Dr. Aaron T. Beck’s cognitive behavioral therapy (CBT) and has helped millions combat feelings of depression and develop greater self-esteem. Anxiety and depression are the most common mental illnesses in the world, affecting 18% of the U.S. population every year. But for many, the path to recovery seems daunting, endless, or completely out of reach. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other black holes of depression can be alleviated. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life, enabling you to: Nip negative feelings in the bud Recognize what causes your mood swings Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self-esteem Feel good every day This groundbreaking, life-changing book has helped millions overcome negative thoughts and discover joy in their daily lives. You owe it to yourself to FEEL GOOD! I would personally evaluate David Burns' *Feeling Good* as one of the most significant books to come out of the last third of the Twentieth Century.—Dr. David F. Maas, Professor of English, Ambassador University

**xanax reviews for depression: Hi, Anxiety** Kat Kinsman, 2016-11-15 Joining the ranks of such acclaimed accounts as *Manic*, *Brain on Fire*, and *Monkey Mind*, a deeply personal, funny, and sometimes painful look at anxiety and its impact from writer and commentator Kat Kinsman. Feeling anxious? Can’t sleep because your brain won’t stop recycling thoughts? Unable to make a decision because you’re too afraid you’ll make the wrong one? You’re not alone. In *Hi, Anxiety*, beloved food writer, editor, and commentator Kat Kinsman expands on the high profile pieces she wrote for CNN.com about depression, and its wicked cousin, anxiety. Taking us back to her adolescence, when she was diagnosed with depression at fourteen, Kat speaks eloquently with pathos and humor about her skin picking, hand flapping, “nervousness” that made her the recipient of many a harsh taunt. With her mother also gripped by depression and health issues throughout her life, Kat came to live in a constant state of unease—that she would fail, that she would never find love . . . that she would end up just like her mother. Now, as a successful media personality, Kat still battles anxiety every day. That anxiety manifests in strange, and deeply personal ways. But as she found when she started to write about her struggles, Kat is not alone in feeling like the simple act of leaving the house, or getting a haircut can be crippling. And though periodic medication, counseling, a successful career and a happy marriage have brought her relief, the illness, because that is what anxiety is, remains. Exploring how millions are affected anxiety, *Hi, Anxiety* is a clarion call for everyone—but especially women—struggling with this condition. Though she is a strong advocate for seeking medical intervention, Kinsman implores those suffering to come out of the shadows—to talk about their battle openly and honestly. With humor, bravery, and writing that brings bestsellers like Laurie Notaro and Jenny Lawson to mind, *Hi, Anxiety* tackles a difficult subject with amazing grace.

**xanax reviews for depression:** *New Antiepileptic Drugs* Francesco Pisani, 1991 The pharmacological fight against epilepsy began many centuries ago when Hippocrates discovered that the cause of epilepsy is natural, as opposed to supernatural and, as a consequence, must be treated with a natural remedy. Even though science has significantly progressed since that era, the challenge to find remedies for epilepsy is ever present. The aim of this particular volume is to offer an up-to-date review of the most recent advances in antiepileptic drug development, considered from various viewpoints: (i) general, by taking into account the size of refractory epilepsy and its related problems; (ii) experimental, by exploring the mechanisms of epileptogenesis and the possibility of influencing it through drugs, and (iii) clinical, by describing the results obtained with compounds currently at an advanced stage of testing.

**xanax reviews for depression: Dare** Barry McDonagh, 2015-05-08 DO NOT READ THIS BOOK IF YOU WANT TO JUST MANAGE YOUR ANXIETY There's a new and faster way for anxiety relief, but few have ever heard it. Most people are advised to either just manage their anxiety or medicate it away. If you're tired of just managing your anxiety and want a powerful natural solution, then apply the 'Dare' technique as explained in Barry McDonagh's latest book. Based on hard science and over 10 years helping people who suffer from anxiety, Barry McDonagh shares his most effective technique in this new book. The DARE technique can be used by everyone, regardless of age or background, to live a life free from anxiety or panic attacks. In this step-by-step guide you will discover how to: -Stop panic attacks and end feelings of general anxiety. -Face any anxious situation you've been avoiding (driving/flying/shopping etc.). -Put an end to anxious or intrusive thoughts. -Use the CORRECT natural supplements to relieve anxiety. -Boost your confidence and feel like your old self again. -Fall asleep faster and with less anxiety each night. -Live a more bold and adventurous life again! IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK It also comes with a free App for your smartphone as well as four audios for quick anxiety relief. With these new tools you can apply the DARE Response in any situation that makes you anxious (e.g. driving/shopping/traveling). Help is now just a click away. You can learn more at: <http://www.DareResponse.com>

**xanax reviews for depression: Liveblog** Megan Boyle, 2018-09 In 2013, Megan Boyle was unhappy with the life she was living and wanted to document it on the internet for an audience. Her hope was that if she documented each thought and action on the internet, then she would begin to behave in a manner more appropriate to the life she wanted to live. She needed a judge and a jury to see her crimes and non-crimes, her actions and thoughts, and her life. The results are an illuminating text of great length with poetic insight on every page. It is a reading experience that leaves a little bit of Megan Boyle inside of you long after you have finished reading it. This is akin to Karl Ove Knausgaard's *My Struggle* and David Foster Wallace's *Infinite Jest*, yet totally different and new--and it is a book of daring length. Drugs, love, home, parents, friends, life, death, work, and the internet. LIVEBLOG is an historical text, extremely unique and shockingly human. -- Page 4 of cover.

**xanax reviews for depression: Prozac Nation** Elizabeth Wurtzel, 2009 A memoir of sex, drugs, and depression indicts an overmedicated America as it chronicles the fortunes of a Harvard educated child of divorce who lived in the fast lane as a music critic, always fighting her chronic depression

**xanax reviews for depression: Basic and Clinical Pharmacology** Bertram G. Katzung, 2001 This best selling book delivers the most current, complete, and authoritative pharmacology information to students and practitioners. All sections are updated with new drug information and references. New! Many new figures and diagrams, along with boxes of highlighted material explaining the how and why behind the facts.

**xanax reviews for depression: Brain-Disabling Treatments in Psychiatry** Peter R. Breggin, MD, 2007-12-17 From the author of *Toxic Psychiatry* and *Talking Back to Prozac*: Peter Breggin is the conscience of American psychiatry. Once more he updates us on the real evidence with respect to the safety and effectiveness of specific psychiatric medications and ECT. This information is needed by all mental health professionals, as well as patients and families. --Bertram Karon, Ph.D., Professor of Psychology, Michigan State University, Author of *The Psychotherapy of Schizophrenia*

Nowhere does false medical thinking do more harm than in the modern psychiatric argument that mental illness is easily diagnosed and then cured by a side-effect free drug. Nowhere is the correct psychiatric thinking more evident than in the books by Peter Breggin.-- William Glasser, MD, psychiatrist, author of Reality Therapy In Brain Disabling Treatments in Psychiatry, renowned psychiatrist Peter R. Breggin, M.D., presents startling scientific research on the dangerous behavioral abnormalities and brain dysfunctions produced by the most widely used and newest psychiatric drugs such as Prozac, Paxil, Zoloft, Cymbalta, Effexor, Xanax, Ativan, Ritalin, Adderall, Concerta, Strattera, Risperdal, Zyprexa, Geodon, Abilify, lithium and Depakote. Many of Breggin's earlier findings have improved clinical practice, led to legal victories against drug companies, and resulted in FDA-mandated changes in what the manufacturers must admit about their drugs. Yet reliance on these drugs has continued to escalate in the last decade, and drug company interests have overwhelmed psychiatric practice. This greatly expanded second edition, supported by the latest evidence-based research, shows that psychiatric drugs achieve their primary or essential effect by causing brain dysfunction, and that they tend to do far more harm than good. New scientific analyses in this completely updated edition include: Chapters covering every new antidepressant and stimulant drug Twenty new guidelines for how to conduct non-drug therapy A chapter describing how to safely withdraw from psychiatric drugs A discussion of medication spellbinding, explaining how patients fail to appreciate their drug-induced mental dysfunctions Documentation of how the drug companies control research and the flow of information about psychiatric treatments

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