



## How Everyone Became Depressed: The Rise and Fall of the Nervous Breakdown (Hardback)

By Edward Shorter

Oxford University Press Inc, United States, 2013. Hardback. Book Condition: New. 236 x 163 mm. Language: English . Brand New Book. This book argues that psychiatry's love affair with the diagnosis of depression has become a death grip. Depression is a real illness, especially in its melancholic form. But most patients who get the diagnosis of depression are also anxious, fatigued, unable to sleep, have all kinds of physical symptoms, and tend to obsess about the whole thing. They do not have a disorder of mood . It is a travesty to call them all depressed. How did this happen? How did everyone become depressed? A well-known historian, the author describes how in the 19th century patients with those symptoms were considered nervous, and when they lost control it was a nervous breakdown. Then psychiatry turned its back on the whole concept of nerves, and - first under the influence of Freud's psychoanalysis and then the influence of the pharmaceutical industry - the diagnosis of depression took center stage. The result has been a scientific disaster, leading to the misdiagnosis and inappropriate treatment (with antidepressants) of millions of patients. Urging that the diagnosis of depression be re-thought, the...



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