BOOK LIST, 1980-2010 – Tracing the Shift in How We Understand and Treat Depression

1980 – Feeling Good: The New Mood Therapy - David D. Burns, MD

1989 – The Biopsychology of Mood and Arousal - Robert E. Thayer, PhD

1990 – The Feeling Good Handbook - David D. Burns, MD


1991 – Toxic Psychiatry – Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry" - Peter R. Breggin, MD

1993 – Listening to Prozac - Peter Kramer, MD

1996 – Breaking the Patterns of Depression - Micheal D. Yapko, PhD


1998 – Blaming the Brain: The TRUTH About Drugs and Mental Health – Elliot S. Vallenstein, PhD

1999 – Hand-Me-Down Blues: How to Stop Depression From Spreading in Families - Michael D. Yapko, PhD

1999 – Feeling Good: The New Mood Therapy, Revised and Updated - David D. Burns, MD
2000 – Prozac Backlash: Overcoming the Dangers of Prozac, Zoloft, Paxil, and Other Antidepressants with Safe, Effective Alternatives – Joseph Glenmullen, PhD

2000 – Depression-Free for Life: A Physician’s All-Natural, 5-Step Plan – Gabriel Cousins, MD

2001 – Depression: The Way Out - Neil Nedley, MD


2001 – Calm Energy – How People Regulate Mood with Food and Exercise – Robert E. Thayer, PhD

2002 – Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment – Martin E.P. Seligman, PhD

2004 – Overdosed America: The Broken Promise of American Medicine – John Abramson, MD

2004 – The Truth About the Drug Companies: How They Deceive Us, and What to Do About It - Marcia Angell, MD (Former editor in chief of The New England Journal of Medicine)

2004 – Conquering Depression and Anxiety Through Exercise – Keith Johnsgard, PhD


2005 – Selling Sickness: How the World’s Biggest Pharmaceutical Companies are Turning Us All Into Patients - Roy Moynihan, Alan Cassels

2006 – The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom – Henry Emmons, MD

2006 – When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life - David D. Burns, MD

2006- The Whistleblower: Confessions of a Health-Care Hitman – Peter Rost, MD

2006 - America Fooled: The Truth About Antidepressants, Antipsychotics, and How We've Been Deceived – Dr. Timothy Scott, PhD (psychologist)

2007 – Surviving America’s Depression Epidemic: How to Find Morale, Energy, and Community in a World Gone Crazy – Bruce E. Levine

2007 – The Crazy-Makers : How the Food Industry is Destroying Our Brains and Harming Our Children – Carol N. Simontacchi


2008 – Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide, and Crime – Peter R. Breggin, MD

2008 – Side Effects: A Prosecutor, a Whistleblower, and a Bestselling Antidepressant on Trial - Alison Bass

2008 – Comfortably Numb: How Psychiatry is Mediating a Nation – Charles Barber

2008 – How Doctors Think – Jerome Groopman


2010 – Crazy Like Us – The Globalization of the American Psyche – Ethan Watters (journalist)

2010 – Unhinged – The Trouble With Psychiatry – A Doctor’s Revelations about a Profession in Crisis - Daniel Carlat, MD

2010 – Manufacturing Depression: The Secret History of a Modern Disease – Gary Greenburg

2010 – The Emperor’s New Drugs: Exploding the Antidepressant Myth – Irving Kirsch, PhD