



Warning: Psychiatry Can Be Hazardous to Your Mental Health

William Glasser M.D.

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How psychopharmacology has usurped the role of psychotherapy in our society, to the great detriment of the patients involved.

William Glasser describes in *Warning: Psychiatry Can Be Hazardous to Your Mental Health* the sea change that has taken place in the treatment of mental health in the last few years. Millions of patients are now routinely being given prescriptions for a wide range of drugs including Ritalin, Prozac, Zoloft and related drugs which can be harmful to the brain. A previous generation of patients would have had a course of psychotherapy without brain-damaging chemicals. Glasser explains the wide implications of this radical change in treatment and what can be done to counter it.

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