

The Weekly Newsmagazine of Science

# SCIENCE NEWS

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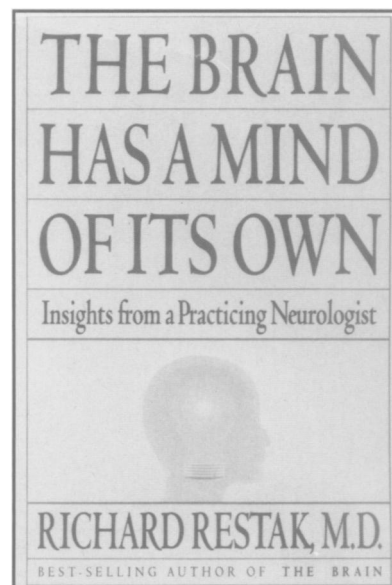
## Thinking About Thought

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— from *Crown Publishing Group*



Science News Books BrainMindH  
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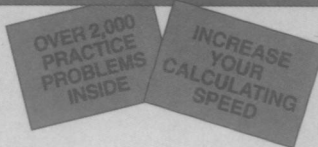
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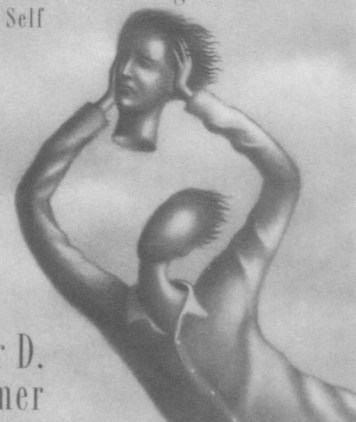
Peter Kramer's *Listening to Prozac* announces a revolution in the science of the self. Julia takes Prozac because she doesn't know who she is; when Sam takes the drug, it makes him feel "better than well." Four and a half million Americans have taken this antidepressant since it was first introduced, and many have become more confident, popular, mentally nimble, and emotionally resilient.

What does it mean when a capsule with breakfast makes a shy person outgoing? When a pill alters what we think of as personality, not illness? Does transforming medication interfere with necessary self-examination? Is it a coincidence that when American society wanted women at home, the drug of choice was Valium, and now that we value assertiveness, it's Prozac? Are we entering an era of "cosmetic pharmacology" when we can take a drug to enhance our personality? What is the self?

In this absolutely fascinating work, Kramer looks at evidence from a variety of disciplines — cellular biology, animal ethology, medical ethics, literature, and, most empathically, at the stories of his own patients — to explore the implication of drugs that reshape temperament. *Listening to Prozac* is a major contribution to late-twentieth-century psychiatry and an extraordinarily eloquent, provocative, and moving tale about ourselves. — from *Viking Books*

# Listening to Prozac

A Psychiatrist Explores Antidepressant Drugs and the Remaking of the Self



Peter D. Kramer

Science News Books, 1719 N Street, NW, Washington, DC 20036

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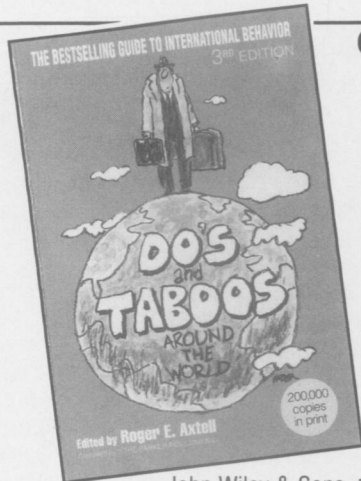
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Viking Books, 1993, 409 pages, 6 1/4" x 9 1/4", hardcover, \$23.00



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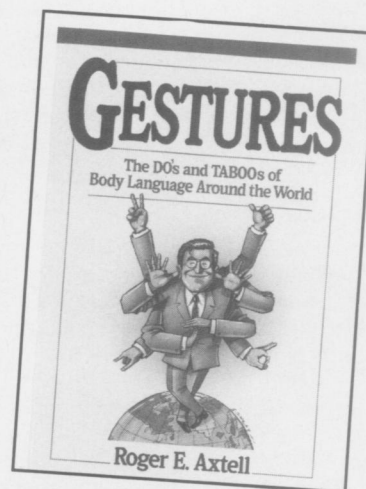
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