



# **Medications for Anxiety & Depression - A no-nonsense, comprehensive guide to the most common (and not so common) antidepressants and anti-anxiety drugs available**

*Benjamin Kramer*

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**Limited time promotional price - 50% off to celebrate the release of the new & updated edition!**

***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 difference between an agonist and an antagonist?
- How can I tell which drug is the most potent?

*Grab a copy today before you visit your doctor.*



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**From reader reviews:**

**Rebecca Morales:**

Spent a free a chance to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Medications for Anxiety & Depression - A no-nonsense, comprehensive guide to the most common (and not so common) antidepressants and anti-anxiety drugs available can be very good book to read. May be it is usually best activity to you.

**Mandy Conway:**

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**Benjamin Kramer #37M09LABGI2**

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