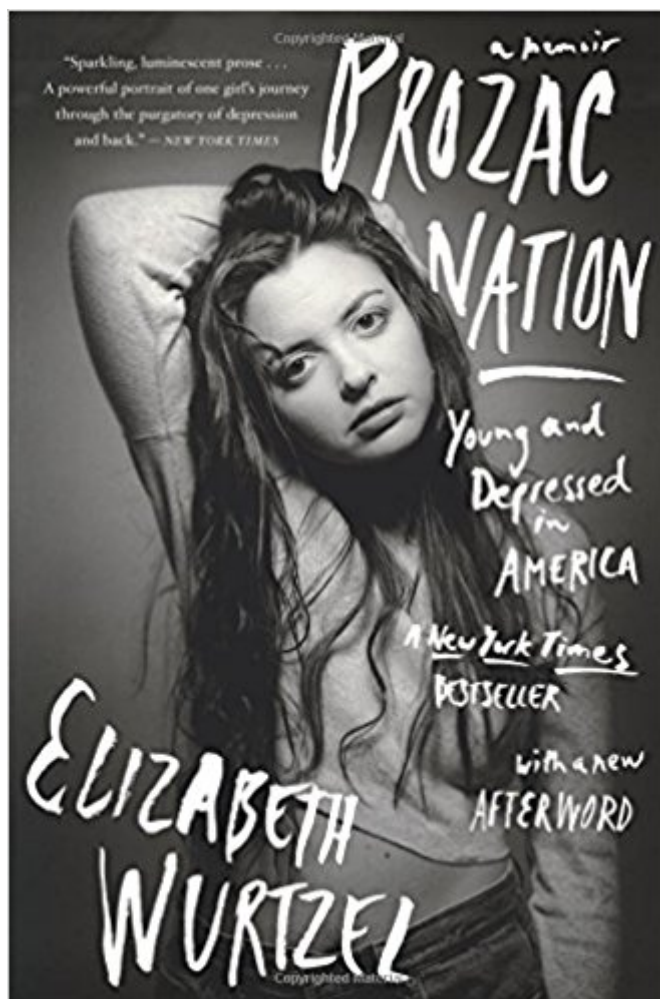


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# Prozac Nation: Young And Depressed In America



## Synopsis

Elizabeth Wurtzel's New York Times best-selling memoir, with a new afterword "Sparkling, luminescent prose . . . A powerful portrait of one girl's journey through the purgatory of depression and back." —New York Times "A book that became a cultural touchstone." —New Yorker Elizabeth Wurtzel writes with her finger on the faint pulse of an overdiagnosed generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. Her famous memoir of her bouts with depression and skirmishes with drugs, *Prozac Nation* is a witty and sharp account of the psychopharmacology of an era for readers of *Girl, Interrupted* and Sylvia Plath's *The Bell Jar*.

## Book Information

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## Customer Reviews

Elizabeth Wurtzel writes with her finger in the faint pulse of a generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. A memoir of her bouts with depression and skirmishes with drugs, *Prozac Nation* still manages to be a witty and sharp account of the psychopharmacology of an era. --This text refers to an out of print or unavailable edition of this title.

Twenty-six-year-old Wurtzel, a former critic of popular music for *New York* and the *New Yorker*, recounts in this luridly intimate memoir the 10 years of chronic, debilitating depression that preceded her treatment with Prozac in 1990. After her parents' acrimonious divorce, Wurtzel was raised by her mother on Manhattan's Upper West Side. The onset of puberty, she recalls, also marked the

onset of recurrent bouts of acute depression, sending her spiraling into episodes of catatonic despair, masochism and hysterical crying. Here she unsparingly details her therapists, hospitalizations, binges of sex and drug use and the paralyzing spells of depression which afflicted her in high school and as a Harvard undergraduate and culminated in a suicide attempt and ultimate diagnosis of atypical depression, a severe, episodic psychological disorder. The title is misleading, for Wurtzel skimps on sociological analysis and remains too self-involved to justify her contention that depression is endemic to her generation. By turns emotionally powerful and tiresomely solipsistic, her book straddles the line between an absorbing self-portrait and a coy bid for public attention. First serial to Vogue, Esquire and Mouth2Mouth. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I had my reservations as I started out to read this book, but I could hardly put it down; though at times I had to, if only to give myself a break from the escalating hysteria that the heroine goes through, or the frustration and irritation that I would start to feel at her as a reader! This, I believe, makes it a really good book, and as the author herself points out in the Afterword, this sort of frustration and incomprehension is what she was hoping to achieve through her narrative because that is how she saw herself in the years of her depression. I haven't experienced a condition similar to Elizabeth's myself, but I know a close person who has, and reading the novel has helped me understand better what she was going through - and shudder at the image. In the end, the author leaves the readers with lots of relevant social questions to ponder, the first and foremost of them being the reasons why so many people are becoming clinically unhappy, and what we should make of the easiness with which Prozac and other drugs are prescribed in this country. If you are interested in such issues, this is definitely a book to read!

Read this amazing book when it was first published and just read it again when I noticed it was a kindle ebook. This is the most accurate description I have ever read of how clinical depression feels and it is entertaining and helpful. I highly recommend this book to anyone seeking to understand depression, how it feels, and how to manage it. A superb memoir as relevant today as when it was written.

This is a very real and relatable portrayal of mental illness. I would recommend this book to anyone who is going through something similar or to a family member to help better understand what they are going through. And after you read the book I also recommend that you watch the movie

because it is done very well.

I am a psychology major in school and really enjoy reading memoirs about mental health. One of my best friends struggles with depression and this book gave a lot of insight into exactly what she is going through. Wurtzel details her struggles with dealing with her estranged parents, finding a medication that works, and even just getting out of bed. Honestly, everyone should read this book to understand just how crippling depression is.

On the back of Prozac Nation there are blurbs from various news outlets about the book, and in one of the review blurbs, the New York Times calls Prozac Nation "self-indulgent," and boy, they sure weren't lying. I felt as though I was waiting through the entire memoir for Wurtzel to get to her main point. Basically, unless you wish to read 368 pages about a character that you will probably dislike for being so whiney, you shouldn't bother with Prozac Nation. Other novels and memoirs do a much better job of capturing the nature of depression and mental illness without causing you to spend the entire story annoyed beyond belief. If you are interested in stories about mental illness, consider *The Quiet Room*, *Girl Interrupted*, or *The Bell Jar* before bothering with Prozac Nation.

So - I really wanted to like this book. I had been told by others that it was a good read which it may have been if I were still a teenager in high school but as a 25 year old? Not so much. The main character is extremely whiny and that makes it difficult to truly enjoy the book. As others have pointed out, there are inconsistencies in the book so the main characters credibility is really shaky. Overall, I shouldn't have wasted my money.

The struggle the author went through to get medicine is in stark contrast to the Rx drug world we now live in. Being part of this world I have firsthand experience experienced Prozac as a life changing force that finally brought the enlightenment to seek and continue therapy.

I had heard about this book when it first came out and then a movie followed shortly after, I had to track down this book, as it is over 10 years old and very hard to find in traditional bookstores, got it with my birthday gift card, it was a good read, about the author dealing with her severe depression, it goes through her life in NYC, the split of her parents' marriage, her distant father, and shaky, and at times, neurotic Mother. It explores the origins of depression, environment vs. genetic. At times funny at times very sad. I found it to be a very well written book covering the beginning of her descent

into depression and then her triumph in understanding her disease and getting some kind of hold on it, and then finally learning to accept and live with it.

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