



## On Depression

By S. Nassir Ghaemi

J. Hopkins Uni. Press Jun 2013, 2013. Buch. Book Condition: Neu. 221x151x25 mm. Neuware - In a culture obsessed with youth, financial success, and achieving happiness, is it possible to live an authentic, meaningful life Nassir Ghaemi, a psychiatrist with a wide grasp of philosophy, reflects on our society's current quest for happiness and rejection of anything resembling sadness. On Depression asks readers to consider the benefits of despair and the foibles of an unexamined life. Too often depression as disease is mistreated or not treated at all. Ghaemi warns against the 'pretenders' who confuse our understanding of depression; those who deny disease excessively for instance or those who use psychiatric diagnosis (the DSM system) 'pragmatically' and unscientifically. But sadness, even depression, can also have benefits. Ghaemi asserts that we can create a 'narrative of ourselves such that we know and accept who we are,' leading to a deeper, lasting level of contentment and a more satisfying personal and public life. Depression is complex, and we need guides to help us understand it, guides who comprehend it existentially as part of normal human experience and clinically as sometimes needing the right kind of treatment, including medications. Ghaemi discusses these guides in...



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