



Prozac Diary

Lauren Slater

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In 1988, at age 26, **Lauren Slater** lived alone in a basement apartment in Cambridge, depressed, suicidal, unemployed. Ten years later, she is a psychologist running her own clinic, an award-winning writer, and happily married. The transformation in her life was brought about by Prozac. **Prozac Diary** is Lauren Slater's incisive account of a life restored to productivity, creativity, and love. When she wakes up one morning and finds that her demons no longer have a hold on her, Slater struggles with the strange state of being well after a lifetime of craziness. Yet this is no hymn to a miracle pharmaceutical. It is a frankly ambivalent quest for the truth of self behind an ongoing reliance on a drug. Slater also addresses Prozac's notorious "poop-out" effect and its devastating attack on her libido. This is the first memoir to reflect on long-term Prozac use, and reviewers agree that no one has written about Prozac with such beauty, honesty, and insight.

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