



Prozac Diary

Lauren Slater

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The author of the acclaimed **Welcome to My Country** describes in this provocative and funny memoir the ups and downs of living on Prozac for ten years, and the strange adjustments she had to make to living "normal life."

Today millions of people take Prozac, but Lauren Slater was one of the first. In this rich and beautifully written memoir, she describes what it's like to spend most of your life feeling crazy--and then to wake up one day and find yourself in the strange state of feeling well. And then to face the challenge of creating a whole new life. Once inhibited, Slater becomes spontaneous. Once terrified of maintaining a job, she accepts a teaching position and ultimately earns several degrees in psychology. Once lonely, she finds love with a man who adores her. Slater is wonderfully thoughtful and articulate about all of these changes, and also about the downside of taking Prozac: such matters as dependency, sexual dysfunction, and Prozac "poop-out."

"The beauty of Lauren Slater's prose is shocking," said Newsday about **Welcome to My Country**, and Slater's remarkable gifts as a writer are present here in sentences that are like elegant darts, hitting at the center of the deepest human feelings. **Prozac Diary** is a wonderfully written report from inside a decade on Prozac, and an original writer's acute observations on the challenges of living modern life.

From the Hardcover edition.

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