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February 2011—May 2016**

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BOOK REVIEWS AND READING LISTS

MAY 16

- **Book List.** Books related to the crisis in psychiatry and the influence of Big Pharma on both psychiatry and medicine in general.

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- ***The Disease Delusion.*** *Conquering the causes of chronic illness for a healthier, longer and happier life.* Jeffrey Bland, PhD. HarperCollins, New York, 2014.
- ***The Autism Revolution.*** *Whole-body strategies for making life all it can be.* Martha Herbert, MD with Karen Weintraub. Harvard Health Publications, Harvard Medical School. Ballantine Books, New York, 2014.
- ***The Wahls Protocol.*** *How I beat progressive MS using Paleo principles and functional medicine.* Terry Wahls, MD with Eve Adamson. Avery (Penguin Group, New York, 2014.
- ***Gut and Psychology Syndrome.*** *Natural treatment for dyspraxia, autism, ADD, ADHD, dyslexia, depression, schizophrenia.* Natasha Campbell-McBride, MD. Medinform Publishing, Revised Edition. Cambridge 2010.
- ***Ultra-prevention.*** Mark Hyman, MD and Mark Liponis, MD. Scribner, New York, 2005.

JUN 13

- ***The Body & The Brain Diet.*** *A simple diet and exercise plan to obtain and maintain a healthy body and mind.* Brian Sturgeon, MD. Create Space Publishing, 2012.
- ***Tarnished Gold.*** *The sickness of evidence-based medicine.* Steve Hickey, PhD and Hilary Roberts, PhD. 2011, self-published.
- ***The Blood Sugar Solution.*** *The ultra-healthy program for losing weight, preventing disease and feeling great now.* Mark Hyman, MD. Little Brown and Company, 2012.
- ***Saving Normal.*** *An insiders revolt against out-of-control psychiatric diagnosis, DSM-5, big Pharma, and the medicalization of ordinary life.* Allen Frances, MD. Harper Collins (William Morrow), New York, 2013.

FEB 13

- ***Psychiatric Drug Withdrawal.*** Peter. R. Breggin, MD. Springer Publishing Co. 2012.
- ***Unaccountable.*** *What hospitals won't tell you and how transparency can revolutionize healthcare.* Marty Makary, MD. Bloomsbury Press, New York 2012.
- ***Transforming Health Care: Virginia Mason Medical Center's pursuit of the perfect patient experience.*** Charles Kenny. Productivity Press, Taylor & Francis Group, New York. 2012.
- ***Doctor, Your Patient Will See You Now.*** *Gaining the upper hand in your medical care.* Steven Z. Kussin, MD. Rowman & Littlefield, New York, 2012.

- ***The Great Cholesterol Myth.*** *Why lowering your cholesterol won't prevent heart disease—and the statin-free plan that will.* Stephen Sinatra, MD and Jonny Bowden, PhD. Fair Winds Press, Beverly, MA, 2012.

AUG 12

- ***The Creative Destruction of Medicine.*** *How the digital revolution will create better health care.* By Eric Topol, MD. Basic Books, New York, 2012.
- ***Bombshell.*** *Explosive medical secrets that will redefine aging.* By Susanne Somers. Crown Archetype, New York (Random House) 2012.
- ***White Coat Black Hat.*** *Adventures on the dark side of medicine.* By Carl Elliott. Beacon Press, Boston 2010.
- ***Pharmageddon.*** By David Healy, MD. University of California Press, Berkeley and Los Angeles, 2011.
- ***Childhood Under Siege.*** *How big business targets children.* By Joel Bakan. Allen Lane (Penguin Group) and Simon & Schuster, 2011.

JUL 11

- ***13 Things That Don't Make Sense. The most baffling scientific mysteries of our time,*** by Michael Brooks (Anchor Canada—Random House, 2009).
- ***Deadly Spin.*** *An insurance company insider speaks out on how corporate PR is killing health care and deceiving Americans,* by Wendell Potter (Bloomsbury Press, New York, 2010).
- ***Hippocrates' Shadow, Secrets from the House of Medicine. What doctors don't know, don't tell you, and how truth can repair the patient-doctor breach,*** by Dr. David H. Newman, MD (Simon and Schuster, New York, 2008).
- ***The World According to Monsanto. Pollution, corruption and the control of our food supply.*** By Marie-Monique Robin (The New Press, New York, 2010).