



# **DEPRESSION DELUSION, Volume One: The Myth of the Brain Chemical Imbalance (Volume 1)**

*Dr. Terry Lynch*

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For 50 years the public have been told that brain chemical imbalances occur in depression. This “fact” is a falsehood; it meets psychiatry’s own criteria for a delusion. Physician, psychotherapist, author and mental activist Terry Lynch tells the compelling story of how this falsehood has been systematically promoted by powerful and sometimes unexpected vested interests. He reveals the major adverse consequences to global mental health caused by adhering to this long-discredited idea. As a physician with over 30 years experience, Terry Lynch knows the truth, the inside story. Terry also presents a more accurate way of understanding the very real and often excruciating experiences and behaviours of depression. Foreword by Robert Whitaker, journalist and author. Some comments: • “Eye-opening . . . a scrupulous study of a topic that holds profound consequences for so many people.” Kirkus Reviews, USA. • “In debunking the myth of ‘biochemical imbalances’, Terry Lynch provides an inestimable service to the health professions and to humanity”. Dr. Peter Breggin, psychiatrist and author, USA. • “A triumph of clearly argued and accessibly rendered scientific information. All its readers will be richly rewarded.” Brent Slife, psychology professor, USA. • “I urge everyone concerned about the issue to read this important book.” Ted Chabasinski, J.D., USA, attorney, psychiatric survivor, anti-psychiatry activist. • “Please read this book . . . your life or the life of someone you love may depend on it.” Kim Olver, licenced counselor and author, USA, President of William Glasser International. • “Terry Lynch has given one of the most pervasive and harmful myths of modern times a thorough debunking. Exposing the truth that there is no scientific grounding to the idea that depression is caused by a chemical imbalance is essential if we are to develop a more constructive response to psychological distress and suffering.” Dr. Joanna Moncrieff, psychiatrist and author, UK. • “Thorough and principled . . . Read it for essential enlightenment about one of the most damaging myths of our time.” Dr. Lucy Johnstone, psychologist and author, UK. • “It is such an impressive book. I shall recommend it wherever I can.” Mary Boyle, psychologist and author, UK. • “Dr Terry Lynch is one of the rare gems who is not afraid to stand up and be counted. A must-read book for anyone with an interest in health”. Ramo Kabbani, journalist, UK, founder of Prozac Survivers Support Group. • “Through extensive and valid research Terry takes the reader on an epic journey revealing why this myth needs to be eradicated.” Julie Leonovs, mental health activist, UK, MSc in Psychological Research Methods. • “Terry’s insights into the reasons why we become depressed should form an integral part of all mental health training.” Nick Redman, Survivor/Activist, UK. • “A very helpful book. One of the great myths that many people have bought into is the ‘chemical imbalance’ theory of depression. Now I can happily point them to Terry’s book for a comprehensive account of how that myth was developed and sustained. Thank you!” Dr. Pat Bracken, psychiatrist and author, Ireland. • “Essential reading for those who experience or deal with depression, one of the most painful of human conditions.” Brian Lennon, psychologist, Ireland, Founder of William Glasser International. • “Everyone who wants to know the true facts will want to read this book.” Mary Maddock, mental health activist and author, co-founder of MindFreedom Ireland. • “Groundbreaking . . . I have never read a more accurate or frank account of the myths surrounding ‘mental illness’ . . . fabulous . . . as brilliant as Robert Whitaker’s Anatomy of an Epidemic.” Leonie Fennell, mental health activist, Ireland. • “A game changer. . . Brilliant . . . Essential reading. Highly recommended . . . an incredible work . . . the definitive book on ‘the chemical imbalance theory’.” R. B. (“Truthman 30”), mental health activist, Ireland.

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