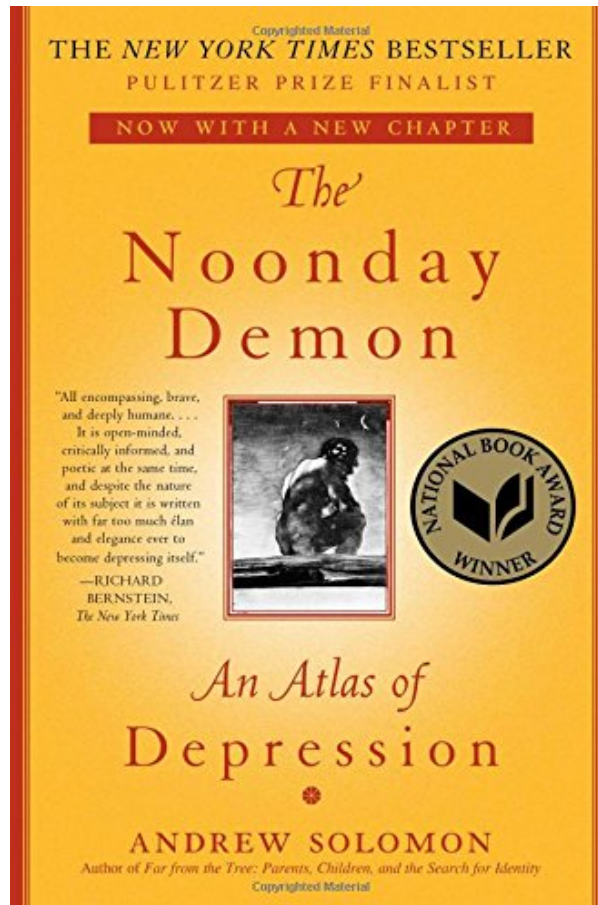


THE NOONDAY DEMON: AN ATLAS OF DEPRESSION BY ANDREW SOLOMON



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"All encompassing, brave,
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critically informed, and
poetic at the same time,
and despite the nature
of its subject it is written
with far too much élan
and elegance ever to
become depressing itself."

—RICHARD
BERNSTEIN,
The New York Times



An Atlas of
Depression



ANDREW SOLOMON

Author of Far from the Tree: Parents, Children, and the Search for Identity

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Amazon.com Review

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From Publishers Weekly

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From Library Journal

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THE NOONDAY DEMON: AN ATLAS OF DEPRESSION BY ANDREW SOLOMON PDF

Andrew Solomon's National Book Award-winning, bestselling, and transformative masterpiece on depression—"the book for a generation, elegantly written, meticulously researched, empathetic, and enlightening" (Time)—now with a major new chapter covering recently introduced and novel treatments, suicide and anti-depressants, pregnancy and depression, and much more.

The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policy makers and politicians, drug designers, and philosophers, Andrew Solomon reveals the subtle complexities and sheer agony of the disease as well as the reasons for hope. He confronts the challenge of defining the illness and describes the vast range of available medications and treatments, and the impact the malady has on various demographic populations—around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by biological explanations for mental illness. With uncommon humanity, candor, wit and erudition, award-winning author Solomon takes readers on a journey of incomparable range and resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning.

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264 of 274 people found the following review helpful.

A literary masterpiece about depression

By A Customer

This is a landmark work in the history of depression. Never before has anyone described the emotions felt during depression so elegantly. Andrew's literary skill makes each page of this book a pleasure to read. *The Noonday Demon* is not only well-written, it is also extremely informative. The author takes us on a journey through personal experiences, provides detailed descriptions of medications and side effects, and explores the efficacy of alternative treatments. In the second half of the book he goes on to describe depression in multiple contexts such as history and philosophy.

I have been a long time sufferer of depression and I have found hope in this book. It is a subject that I have long been ashamed to speak about outside of my therapist's office. Andrew works to remove the stigma behind this illness and bring all aspects of the disease to light. Depression has no cure, it something must be dealt with and treated on a daily basis. I find strength in the knowledge that so many others are successfully

treating depression, even if they are not conquering it completely.
The Noonday Demon is a remarkable work that should be read and reread.

95 of 98 people found the following review helpful.

This book can save a life

By A Customer

The most immediately obvious strength of *The Noonday Demon* by Andrew Solomon is its supple, incisive, funny, harrowing prose. Its deepest strength is its probing examination of depression from many points of view--historical, clinical, cultural, political, evolutionary, and personal. With a novelist's gift for bringing people to life and a journalist's skill at explaining complicated topics, Solomon is always informative and profoundly humane. He makes the blurry boundaries and maddening complexities of the issues involved comprehensible while arguing persuasively that depression is an inescapable reality of the human condition. The book is highly original. He tells his personal story but widens it with movingly explored case histories and successfully sets these narratives in the context of thorough examinations of the many topics necessary to see the overall subject.

The Noonday Demon can set the agenda for an important national discussion. As it makes clear, depression touches all of us whether we ourselves suffer its terrible debilities, know someone who does, or live with (and are probably unaware of) its devastating results for our communities and workplaces. I thought I knew a lot about the topic; I found how much I needed to learn by reading this book. I was most impressed by how honestly Solomon deals with the fact that there are no easy answers to any aspect of the issue, even when he has strong opinions (and his personal point of view is always welcome in these pages: I liked knowing where he stood). No reader is likely to agree with everything he says, but no one will go away doubting the truth of his *cri de coeur* that as long as we misunderstand depression, people quite literally will die. Highly recommended for anyone who wishes to understand what depression feels like, what it is and is not, how it can be treated, and what happens when it is ignored.

219 of 235 people found the following review helpful.

A THOROUGH ANALYSIS OF DEPRESSION

By Sandra D. Peters

Who, at least at one point in their life, has not been mildly depressed? As a counsellor, if you were to tell me that not once, ever in your entire life did you ever feel down or depressed, I would probably want to make sure you were still breathing. However, for many, depression can be a severe, chronic battle each and every day, and one of the biggest setbacks in an individual's life. It can be a family's nightmare, hinder careers and personal relationships, and play havoc with a person's self-image. For some, just getting up in the morning can take every ounce of willpower. There have been many books written on depression, some are excellent self-help books, others ARE depressing to read. This book, however, is an insightful look inside depression in personal, scientific and cultural terms. The author also takes a look at the biological aspects of the disease which, for many, can be a controversial issue.

Solomon has battled depression for much of his life. Through his research and studies, he has gained valuable knowledge on the subject which he openly shares with his readers. Of the vast number of books written on depression, "*Noonday Demon*" is definitely one of the most complete, accurate and informative ones to be found. I also enjoyed his easy manner, occasional wit and positive approach to an affliction that for a multitude of individuals can be a disabling, life-long illness.

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