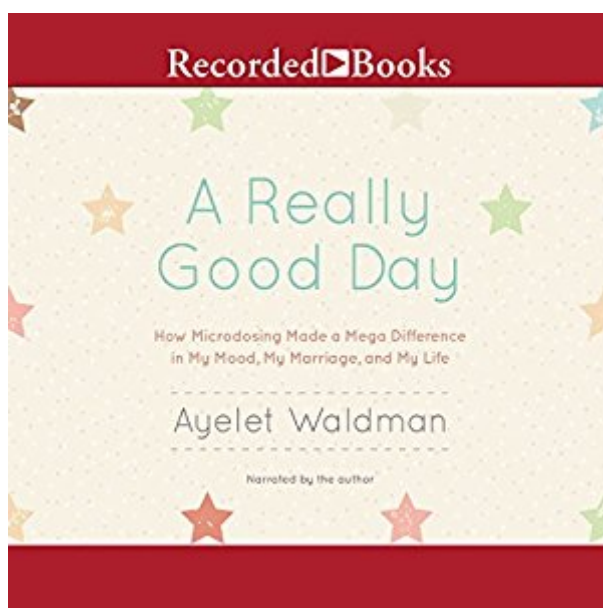


The book was found

A Really Good Day: How Microdosing Made A Mega Difference In My Mood, My Marriage, And My Life



Synopsis

A revealing, courageous, fascinating, and funny account of the author's experiment with microdoses of LSD in an effort to treat a debilitating mood disorder, of her quest to understand a misunderstood drug, and of her search for a really good day. When a small vial arrives in her mailbox from "Lewis Carroll", Ayelet Waldman is at a low point. Her mood storms have become intolerably severe; she has tried nearly every medication possible; her husband and children are suffering with her. So she opens the vial, places two drops on her tongue, and joins the ranks of an underground but increasingly vocal group of scientists and civilians successfully using therapeutic microdoses of LSD. As Waldman charts her experience over the course of a month - bursts of productivity, sleepless nights, a newfound sense of equanimity - she also explores the history and mythology of LSD, the cutting-edge research into the drug, and the byzantine policies that control it. Drawing on her experience as a federal public defender and as the mother of teenagers and her research into the therapeutic value of psychedelics, Waldman has produced a book that is eye-opening, often hilarious, and utterly enthralling.

Book Information

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Customer Reviews

I was curious about microdosing and had no prior exposure to Ayelet Waldman, except for an interview on Fresh Air. I was pleasantly surprised. This book touched me on a few levels. First, the account of her internal struggles, especially the self-loathing dialog that racetracks through her mind, were spot on. Her descriptions were aching, funny, and rang with truth. I did not expect this book to include a narrative on drug policy. I appreciated the material and it was well done. I've read

other books on the topic, including *The New Jim Crow* and *Chasing the Scream* and on this topic, those books are more complete, but not as entertaining. At bottom, this is a Really Good Book about our failed drug policies. It uses the author's intensely personal account of mental illness and her desperate attempts to get a handle on them as a compelling vehicle to tell that story. If you want a more academic account, the above books (also compelling, given their tone) will be your speed. Nobody will be standing before congress, holding this book out as a drug policy guide. But I loved the book. It moved me. It spoke about pain that I understood in a way that gave me hope. It also opened my eyes a little wider to the misguided tragedy that is our insane drug policy.

Very well written. For various reasons, I have recently become interested in, shall we say, "alternative" therapies ... Ayayasca, psilocybin, LSD, etc. Thanks to the author for sharing her experiences with microdosing and her history with "the war on drugs". Insightful and inspiring.

A testament to the desperate need for more research and options for the treatment of mood disorders. I commend the author for her honesty and for allowing us to witness her experience playing the well-educated guinea pig. I'm just sorry she cannot continue should she wish.

Great book. Well researched. funny and insightful.

THANK YOU for writing this book. What a relief to know that I am not alone with this kind of craziness in my thoughts and moods. I identify with you so much. I wish there were a way I could try this and finally feel relief. Very well written, researched and with science to back up all of it. Really a pleasure and an education.

Fascinating exploration of the effects of LSD on mood, behavior, and creativity. Highly recommend for those dealing with mood disorders as well as those treating them.

Love this book, open a new perspective.

First of all, I am a psychologist in private practice, so I am interested in most anything concerning the human mind. Second, I wasn't expecting much of this book, but I came of age during the late 60's and 70's, so I've had my share of personal experience. Waldman did a tremendous job covering this subject. She invites you into her daily experiences--good, bad, and ugly. I had never

before heard of "microdosing," so that concept was totally new to me, and I found it fascinating. The author also gives some very good coverage to issues with our current drug policies in the U.S., and she makes a very rational argument for significant changes.

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