

1.	Record Nr.	UNINA9910295957803321
	Autore	Menna, Bruno
	Titolo	Il dono della libertà : storia e storie di prigionieri / Bruno Menna
	Pubbl/distr/stampa	Benevento : Aesse Grafica, 2017
	ISBN	978-88-94045-38-3
	Descrizione fisica	111 p. : ill. ; 21 cm
	Collana	Memoria, identità, futuro
	Locazione	FMEBC
	Collocazione	Premio Na S 65 Premio Na S 66
	Lingua di pubblicazione	Italiano
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910156238403321
	Autore	Waldman Ayelet
	Titolo	A Really Good Day : How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life
	Pubbl/distr/stampa	2017 Westminster : , : Knopf Doubleday Publishing Group, , 2017 ©2017
	ISBN	0-451-49410-5
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (241 pages)
	Classificazione	BIO026000MED102000PSY020000
	Disciplina	615.7883
	Soggetti	People with bipolar disorder Bipolar disorder - Treatment Depressed persons - New York Hallucinogenic drugs - Therapeutic use Bipolar disorder BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs MEDICAL / Mental Health PSYCHOLOGY / Neuropsychology

Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>"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"--</p> <p>"In an effort to treat a debilitating mood disorder, Ayelet Waldman undertook a very private experiment, ingesting 10 micrograms of LSD every three days for a month. This is the story--by turns revealing, courageous, fascinating and funny--of her quietly psychedelic spring, her quest to understand one of our most feared drugs, and her search for a really good day"--</p>