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## A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life (Paperback)

By Ayelet Waldman

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Ayelet Waldman is fearless - Rebecca Solnit Genuinely brave and human - The New York Times Wildly brilliant - ElleThe true story of how a renowned writer s struggle with mood storms led her to try a remedy as drastic as it is forbidden: microdoses of LSD. Her fascinating journey provides a window into one family and the complex world of a once-infamous drug seen through new eyes. 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...



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