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3,000 Pulses Later: A Memoir of Surviving Depression Without Medications

Martha Rhodes

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3,000 Pulses Later: A Memoir of Surviving Depression Without Medications Martha Rhodes
3,000 Pulses Later: A Memoir of Surviving Depression Without Medication describes how, as a successful advertising executive, wife, and mother with a seemingly ideal life, Martha Rhodes succumbed to depression and overdosed on Xanax and alcohol in an unsuccessful suicide attempt. The memoir describes her challenges with untreated, drug-resistant depression and her struggle to find an alternative to the drugs that failed to relieve her symptoms.

After a grueling stay in a psychiatric ward and many months of trial-and-error medications, Martha pursued TMS, Transcranial Magnetic Stimulation—the FDA-cleared, safe and proven-effective alternative to electroconvulsive therapy (ECT) and the ineffective drugs her doctors prescribed.

3,000 Pulses Later shares how the road back to health with TMS returned her to an even better place than where she started. She now manages her depression with TMS therapy—and without the side effects attributable to antidepressant medications.

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