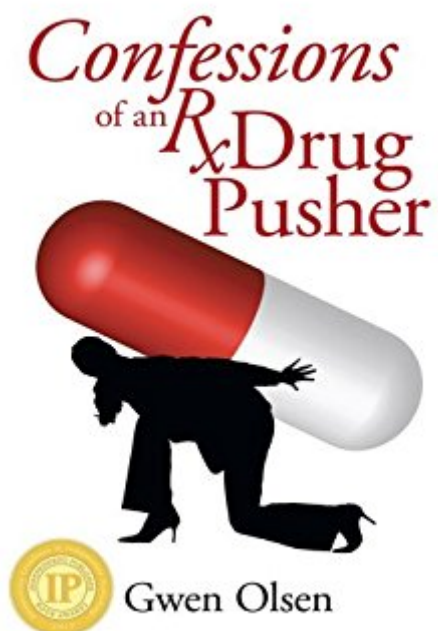


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# Confessions Of An Rx Drug Pusher



## Synopsis

"Winner of the IPPY Award gold medal for Most Progressive Health Book On December 2, 2004, Gwen Olsen's niece Megan committed suicide by setting herself on fire "and ended her tortured life as a victim of the adverse effects of prescription drugs. Olsen's poignant autobiographical journey through the darkness of mental illness and the catastrophic consequences that lurk in medicine cabinets around the country offers an honest glimpse into alarming statistics and a health care system ranked last among nineteen industrialized nations worldwide. As a former sales representative in the pharmaceutical industry for several years, Olsen learned firsthand how an unprecedented number of lethal drugs are unleashed in the United States market, but her most heartrending education into the dangers of antidepressants would come as a victim and ultimately, as a survivor. Rigorously researched and documented, Confessions of an Rx Drug Pusher is a moving human drama that shares one woman's unforgettable journey of faith, forgiveness, and healing."

## Book Information

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## Customer Reviews

I've been a pharmacist since 1971 and I vividly recall a conversation I once had with a drug salesman (called detail man at the time). He explained that his goal was to sell a certain number of dollars worth of one particular drug. He stated that he didn't care whether he sold one pill or a million, as long as the price worked out to his goal. That conversation has stuck with me for over two decades because it was at that moment that I first realized my perception of the drug companies was far different from what people in that industry believed. Perhaps I was naive, but during pharmacy school and years of work at a large county hospital, I found that I actually believed my profession was honorable and that I was part of a giant team focused on helping people be healthy and get well when illness struck. This was surely the ideal in school, and I assumed things actually operated that way. Gwen Olsen's book is exactly as the title says, a **CONFESSION**. She has done a clear, masterful job describing how she unwittingly lived through the horrors of a harmful, dysfunctional family and found herself enmeshed in an industry where she was expected to make sales at any cost. Concern for an ill person was not part of her work paradigm. The author not only lived through the personal and business issues but exited from both, apparently still intact. After my first reading of "Confessions of an Rx Drug Pusher", I described it to friends as terrifying and almost sickening. That description remains valid. More important than the story is the reports of experience, learning, and growth that shaped this author into a perfect spokesperson for all of us who find ourselves in direct opposition to the antics of the drug companies.

I am impressed with the details of this book... I had always been suspect of being over medicated and once nearly died when five different doctors prescribed a toxic combination of thirteen drugs to help with my combined problems from diabetes, anemia, chronic pain and depression. After four months of feeling worse, I weaned myself off all prescribed drugs but not without feeling suicidal. At one point I lied to my psychiatrist, and stopped taking all meds he prescribed. I refused to take blood tests to find levels and ignored many attempts to try 'new' samples of medication. During the time period of not taking psych medication I started to gain strength and heal with talk therapy. No psych drugs needed. Why did I do this? Because, while on psych drugs I felt lethargic, suicidal, fatigued and lived with no hope. At first, I was afraid to share this information with the same doctors who were treating me because according to my insurance guideline I must be medicated to receive benefits. I was outraged, intimidated and manipulated into buying un-necessary medication and storing un-used meds in my medicine cabinet just to get my medical bills paid by insurance and continue to receive psychiatric help...I am doing well today. My therapy lasted eighteen years and yes, I was a mess. But I healed by working with my therapist and doctors to my individual needs.

Without a toxic combination of drugs. I am a survivor of multiple personality disorder. I now see a holistic doctor and never felt better physically and mentally in my life. The mind is powerful and I am a true believer in less is more. In reading this book it not only confirmed my belief but has helped me understand the world of a rx drug sales rep.

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