



## MIND MEDICINE A U S T R A L I A

### Key Psychedelic Videos, Films and Books

#### Videos & Films

- **Trip of Compassion**

An acclaimed Israeli documentary on MDMA-assisted psychotherapy for the treatment of Post-Traumatic Stress Disorder (PTSD). *Trip of Compassion* follows a number of patients participating in clinical trials in Israel, and is the first feature documentary to show footage from within psychedelic-assisted therapy sessions.

<https://www.youtube.com/watch?v=8p05pEpwsG4>

- **Lecture by David Nutt (UK)**

Professor David Nutt (UK) presents keynote lecture 'Psychedelic therapy: A New Paradigm For Mental Health' at the launch of Mind Medicine Australia.

<https://youtu.be/ef2y-15-JOk>

- **The science of psilocybin and its use to relieve suffering**

Leading psychopharmacologist Dr Roland Griffiths discloses the ways that psychedelic drugs can be used to create spiritually meaningful, personally transformative experiences for all patients, especially the terminally ill.

<https://youtu.be/81-v8eXPd4>

- **The future of psychedelic-assisted psychotherapy | Rick Doblin**

Could psychedelics help us heal from trauma and mental illnesses? Researcher Rick Doblin has spent the past three decades investigating this question, and the results are promising. In this fascinating dive into the science of psychedelics, he explains how drugs like LSD, psilocybin and MDMA affect your brain -- and shows how, when paired with psychotherapy, they could change the way we treat PTSD, depression, substance abuse and more.

<https://www.youtube.com/watch?v=Q9XD8yRPxc8>

- **Psychedelics: Lifting the veil**

Robin Carhart-Harris Ph.D has been conducting pioneering brain imaging studies of psychedelic drugs. Most recently, he has completed the first phase of a clinical trial looking at the potential of psilocybin to treat depression, and his talk looks at how these drugs can be used in treatment. After completing his PhD at the University of Bristol in 2009, Robin moved to Imperial College London, where he has worked for the last few years on the brain effects of LSD, psilocybin (magic mushrooms) and MDMA, conducting some pioneering brain imaging studies of these drugs. Most recently he has completed the first phase of a clinical trial looking at the potential of psilocybin to treat major depression.

<https://youtu.be/MZlaTaNR3gk>

- **A New Understanding: The Science of Psilocybin (2019)**

A New Understanding explores the treatment of end-of-life anxiety in terminally ill cancer patients using psilocybin, a psychoactive compound found in some mushrooms, to facilitate deeply spiritual experiences. The documentary explores the confluence of science and spirituality in the first psychedelic research studies since the 1970s with terminally ill patients.

<https://www.youtube.com/watch?v=TIVlfQaqVG4>

- **Psychedelia**

The History and Science of Mystical Experience is an award-winning film that is now available as part of a grassroots virtual screening campaign.

<https://vimeo.com/366349794>

- **Ram Dass Interview**

This is a compilation of 3 video interviews conducted with Ram Dass (2 before and 1 after he suffered a severe stroke in 1997 that caused him to struggle with debilitating aphasia). The interviews cover similar, related themes: selfless service; compassion in action; and conscious social activism.

<https://www.youtube.com/watch?v=9bao-2ZUPjU>

- **Crazywise**

Crazy...or wise? The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. Is it a 'calling' to grow or just a 'broken brain'? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience.

<https://www.youtube.com/watch?v=IXnmBIYaIZE>

- **Dosed**

After many years of prescription medications failed her, a suicidal woman turns to underground healers to try and overcome her depression, anxiety, and opioid addiction with illegal psychedelic medicine such as magic mushrooms and iboga. Adrienne's first dose of psilocybin mushrooms catapulted her into an unexpected world of healing where plant medicines are redefining our understanding of mental health and addiction.

<https://www.youtube.com/watch?v=B9-k8OcHNVY>

- **Fantastic Fungi**

Through the eyes of renowned scientists and mycologists like Paul Stamets, best-selling authors Michael Pollan, Eugenia Bone, Andrew Weil and others, we become aware of the beauty, intelligence and solutions the fungi kingdom offer us in response to some of our most pressing medical, therapeutic, and environmental challenges.

<https://www.youtube.com/watch?v=bxABOiay6oA>

- **Journeys to the Edge of Consciousness**

A part-animated feature length documentary film by producer / director Rob Harper. Take an animated trip into the depths of the human mind with three brave pioneers of the 1950's/60's Aldous Huxley, Timothy Leary and Alan Watts.

<https://www.youtube.com/watch?v=GAEc6ywikiHM>

- **Dr Gabor Maté - Manifesting the Mind**

Dr Gabor Maté talks about the psychedelic experience.

<https://www.youtube.com/watch?v=ZdO-Nyk4-jU&feature=youtu.be>

- **Sam Harris – About the psychedelic experience**

Sam Harris describes his most recent experience with psilocybin.

<https://www.youtube.com/watch?v=yKGddvmU0fA&feature=youtu.be>

- **Revealing the Mind: The Promise of Psychedelics**

Join scientists and “psychonauts” who are now picking up where research left off 50 years ago, experimenting with LSD, psilocybin, DMT and other psychedelics to heal—and reveal—the mind.

<https://www.youtube.com/watch?v=Fi66wFfOC-4>

- **Michael Pollan - Psychedelics and How to Change Your Mind**

Michael Pollan's new book "How To Change Your Mind" surveys the highly controversial terrain of the renaissance of both the science and popular usage of psychedelic substances. As one of our most brilliant and clear-eyed explorers of such topics as plant intelligence and how we feed ourselves, Michael will share his luminous insights from what began as investigative reportage and became a very personal interior journey into the mystery of consciousness and the nature of spirituality.

<https://www.youtube.com/watch?v=5DrM90dg5t4>

- **Psychedelic Science Series Ep. 1 - Dr Gabor Maté**

This episode is the first in a series called Psychedelic Science Series, which offers full-length interviews from some of the world's leading experts and academics on the psychedelic, consciousness and conservation movements.

<https://www.youtube.com/watch?v=BsGM4bne8RM>

- **Dr Robin Carhart-Harris**

Dr. Robin Carhart-Harris, Director of the Centre for Psychedelic Research at Imperial College London, explains the chemical processes that occur in the brain during a psychedelic trip.

<https://www.youtube.com/watch?v=HPerHB6Y2SQ>

- **Psychedelics Impact on Society with Dr Rick Doblin**

Dr Rick Doblin speaks about how psychedelic can impact our society and the role of MAPS.

<https://www.youtube.com/watch?v=GcB42a02y0g>

## Books

- **The Doors of Perception - Aldous Huxley**

Published in 1954, this book details Huxley taking mescaline in May 1953. Huxley recalls the insights he experienced, which range from the "purely aesthetic" to "sacramental vision". He also incorporates later reflections on the experience and its meaning for art and religion.

- **Island - Aldous Huxley**

In his final novel, which he considered his most important, Aldous Huxley transports us to the remote Pacific island of Pala, where an ideal society has flourished for 120 years.

- **PiHKAL and TiHKAL - Alexander and Ann Shulgin**

A Chemical Love Story has become a foundational work in the genre and was the first book to fully impart the how-to chemistry, and convey the effects, of many of the entheogenic drugs that are currently being studied and used to heal trauma and deal with death.

- **How to Change Your Mind - Michael Pollan**

A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs - and the spellbinding story of his own life-changing psychedelic experiences.

- **The Psychedelic Experience - Timothy Leary, Ralph Metzner, and Richard Alpert**

Created by the prophetic shaman-professors Timothy Leary, Ralph Metzner, and Richard Alpert (Ram Dass), this foundational text serves as a model and a guide for all mind-expanding inquiries. Based on a unique interpretation of The Tibetan Book of the Dead, The Psychedelic Experience remains a vital testament to broadening spiritual consciousness through a combination of Tibetan meditation techniques and psychotropic substances.

- **Food of the Gods - Terence McKenna**

Terence McKenna hypothesizes that as the North African jungles receded, giving way to savannas and grasslands near the end of the most recent ice age, a branch of our arboreal primate ancestors left the forest canopy and began living in the open areas beyond. There they experimented with new varieties of foods as they adapted, physically and mentally, to the environment. Among the new foods found in this environment were psilocybin-containing mushrooms growing near dung of ungulate herds occupying the savannas and grasslands.

- **The Psychedelic Explorer’s Guide - James Fadiman, PhD**

In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention.

- **A Really Good Day - Ayelet Waldman**

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.

- **“The Joyous Cosmology” - Alan Watts**

*The Joyous Cosmology* is Alan Watts’s exploration of the insight that the consciousness-changing drugs LSD, mescaline, and psilocybin can facilitate “when accompanied with sustained philosophical reflection by a person who is in search, not of kicks, but of understanding.”

- **LSD Psychotherapy – Stan Grof**

LSD Psychotherapy is a complete account of a remarkable chapter in the ever-continuing inquiry into our transpersonal nature and origins. The controlled studies described in this book reveal exciting and challenging data about the nature of human consciousness, perception, and reality itself.

- **Psychology of the future: Lessons from modern consciousness research – Stan Grof**

This book summarizes Grof’s experiences and observations from more than forty years of research into non-ordinary states of consciousness.

- **The Way of the Psychonaut Volume 1 & 2 - Stan Grof**

The Way of the Psychonaut is one of the most important books ever written about the human psyche and the spiritual quest. The new understandings were made possible thanks to Albert Hofmann’s discovery of LSD—the “microscope and telescope of the human psyche”—and other psychedelic substances.

- **LSD: My problem child - Hofmann, Albert Ph.D**

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition.

- **Therapy with Substance: Psychedelic psychotherapy in the twenty first century - Friederike Meckel Fisher**

Psychedelic drugs were routinely used in clinical research and psychotherapy until the 1960s. Since then they have been illegal except for a short period in the 1990s in Switzerland. During this window of opportunity, Dr. Fischer began using psychedelics to assist the progress of those of her patients who were "stuck." This book is a description of her use of psychedelic-assisted psychotherapy: the group work, the technical approach, the substances themselves and how to work with them.

- **Psychedelic Mysteries of the Feminine: Creativity, Ecstasy, and Healing - Papaspyrou, M., Baldini, C. & Luke, D.**

An exploration of the connections between feminine consciousness and altered states from ancient times to present day.

- **Sacred Knowledge: Psychedelics and Religious Experiences – William Richards**

*Sacred Knowledge* is the first well-documented, sophisticated account of the effect of psychedelics on biological processes, human consciousness, and revelatory religious experiences.

- **Advances in Psychedelic Medicine: State-of-the-Art Therapeutic Applications - Michael J. Winkelman and Ben Sessa MD**

Researchers, program administrators, and practicing clinicians explain the most recent developments in using psychedelic substances to treat psychological, physiological, and social problems.

- **Psychedelic Medicine: The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca - Dr Richard Louis Miller**

Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics

- **Be Here Now – Ram Dass**

With over 150 pages of metaphysical illustrations, practical advice on how to implement a yogic regiment, and a chapter dedicated to quotes and book recommendations, *Be Here Now* is sure to enrich your emotional, physical, and spiritual life.

- **In the Realm of Hungry Ghosts: Close Encounters with Addiction – Dr Gabor Maté**

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction.

- **Lost Connections: Why You're Depressed and How to Find Hope - Johann Hari**

The *New York Times* bestseller from the author of *Chasing the Scream*, offering a radical new way of thinking about depression and anxiety.

- **Allies for Awakening: Guidelines for productive and safe experiences with entheogens - Ralph Metzner**

Entheogenesis means the growing realization that we human beings and the world around us are much more than simply material organisms living and evolving on a material planetary body. We are multi-dimensional spiritual, cosmic, noetic, psychic and physical beings. The central insight that emerges from entheogenic states and is confirmed by the perennial spiritual traditions of East and West, is that at every level, from macro-cosmic to micro-cosmic, from atoms and animals, to trees and planets and stars, Spirit dwells within created forms and expresses through them. This monograph is based on 50 years of experience as a participant-observer in the international underground sub-culture involved with entheogenic, consciousness-expanding substances.

- **The Unfolding Self: Varieties of Transformative Experience - Ralph Metzner**

This book examines in detail the transformations, which an individual undergoes in the process of their expansion of consciousness. Referencing ancient and modern cultures from around the world, Dr. Metzner accomplishes what only a great teacher can do; conveying subtle concepts and fascinating breadth through an engrossing tapestry of myth, allegory, cross-references and historical context.



- **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Bessel van der Kolk M.D.**

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust.

- **In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness - Peter A. Levine**

In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.

- **Waking the Tiger: Healing Trauma - Peter A. Levine**

*Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

- **Together: The Healing Power of Human Connection in a Sometimes Lonely World - Vivek H Murthy M.D.**

Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from alcohol and drug addiction to violence to depression and anxiety.

- **Unbroken Brain: A Revolutionary New Way of Understanding Addiction - Maia Szalavitz**

More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment.

- **Psychedelic Psychotherapy A User Friendly Guide to Psychedelic Drug Assisted Psychotherapy - R. Coleman**

Psychedelic Psychotherapy is a comprehensive, easy-to-read resource for therapists and laypeople who need practical guidelines for psychedelic drug-assisted psychotherapy. This book contains valuable insiders' information for those using psychedelics for their own healing, and for practitioners who facilitate their sessions with a focus of healing trauma using MDMA, LSD, and psilocybin. It includes step-by-step guidance on how to safely and effectively navigate through the psychedelically-enhanced healing process.

- **The Long Trip: A Prehistory of Psychedelia - Paul Devereux**

Using a slew of disciplines - including archaeology, anthropology, linguistics, ethnobotany, biology and other fields - The Long Trip strips bare the evidence for the psychedelic experiences of various prehistoric societies and ancient, traditional cultures. It is probably the most comprehensive single volume to look at the use of mind-altering drugs, or entheogens, for ritual and shamanistic purposes throughout humanity's long story, while casting withering sidelong glances at our own times.

- **Tripping: An Anthology of True-Life Psychedelic Adventures - Charles Hayes**

Charles Hayes has gathered fifty narratives about unforgettable psychedelic experiences from an international array of subjects representing all walks of life--respectable Baby Boomers, aging hippies, young ravers, and accomplished writers such as John Perry Barlow, Anne Waldman, Robert Charles Wilson, Paul Devereux, and Tim Page. Taking a balanced, objective approach, the book depicts a broad spectrum of altered states, from the sublime to the terrifying.

- **Psychedelics Encyclopedia - Peter Stafford**

Traces the history of the use of hallucinogenic drugs and discusses the psychological and physical effects of LSD, marijuana, mescaline, and other drugs.

- **Xenolinguistics: Psychedelics, Language, and the Evolution of Consciousness**  
- **Diana Reed Slattery**

Xenolinguistics documents the author's eleven-year adventure of psychonautic exploration and scholarly research; her original intent was to understand a symbolic language system, Glide, she acquired in an altered state of consciousness.

- **Alien Information Theory: Psychedelic Drug Technologies and the Cosmic Game** - **Andrew R Gallimore**

Gallimore explains how our reality was constructed using a fundamental code which generated our Universe -- and countless others -- as a digital device built from pure information with the purpose of enabling conscious intelligences, such as ourselves, to emerge. You will learn how fundamental digital information self-organises and complexifies to generate the myriad complex forms and organisms that fill our world; how your brain constructs your subjective world and how psychedelic drugs alter the structure of this world; how DMT switches the reality channel by allowing the brain to access information from normally hidden orthogonal dimensions of reality.

- **High Priest - Timothy Leary**

Back in print after 20 years, this text from the earliest days of psychedelia chronicles the experiences on 16 acid trips taken before LSD was illegal. The trip guides or "high priests" included Aldous Huxley, Ram Dass, Ralph Metzner, Huston Smith and a junkie from New York City named Willy.

- **The New Psychedelic Revolution - James Oroc**

James Oroc, author of the acclaimed Tryptamine Palace, takes on a sizeable bite here in describing the history and evolution of the global psychedelic scene, from its roots over 100 years ago through the current presidential administration.

- **Magic Medicine - Cody Johnson**

An armchair traveller's guide to all substances psychedelic! Readers will learn about their properties, use, lore, place in history, and their current research and applications as medicine.

- **Amazon Magic - Jaya Bear**

Amazon Magic tells the life story of Don Agustin Rivas Vasquez, an ayahuauero, a shaman skilled in the use of ayahuasca, a visionary and healing plant medicine. Told in his own words, Amazon Magic describes incidents from his childhood in a small jungle town beside the Amazon River, and his early and present day experiences with the plant medicine ayahuasca.

- **Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers - Richard Evans Schultes, Albert Hofmann, Christian Rätsch**

World-renowned anthropologist and ethnopharmacologist Christian Rätsch provides the latest scientific updates to this classic work on psychoactive flora by two eminent researchers.

- **The Invisible Landscape: Mind, Hallucinogens & the I Ching - Dennis J. McKenna**

A thoroughly revised edition of the much-sought-after early work by Terence and Dennis McKenna that looks at shamanism, altered states of consciousness, and the organic unity of the King Wen sequence of the I Ching.

- **Consciousness Medicine: Indigenous Wisdom, Entheogens, and Expanded States of Consciousness for Healing and Growth - Francoise Bourzat**

Written equally for counselors and for clients, Consciousness Medicine provides a therapeutic framework that author Francoise Bourzat developed combining psychotherapy with 35 years of fieldwork among the Mazatec people of Mexico, who have a long tradition of taking psychedelics as medicine.

- **The Acid Diaries: A Psychonaut's Guide to the History and Use of LSD - Christopher Gray**

An exploration of the personal and spiritual truths revealed through LSD.

- **The Electric Kool-Aid Acid Test - Tom Wolfe**

Tom Wolfe's *The Electric Kool-Aid Acid Test* ushered in an era of New Journalism, An American classic (*Newsweek*) that defined a generation. An astonishing book (*The New York Times Book Review*) and an unflinching portrait of Ken Kesey, his Merry Pranksters, LSD, and the 1960s.

- **Acid Dreams: The Complete Social History of LSD: The CIA, the Sixties, and Beyond - Martin A. Lee & Bruce Shlain**

Few events have had a more profound impact on the social and cultural upheavals of the Sixties than the psychedelic revolution spawned by the spread of LSD. This book for the first time tells the full and astounding story—part of it hidden till now in secret Government files—of the role the mind-altering drug played in our recent turbulent history and the continuing influence it has on our time.

- **Acid Test: LSD, Ecstasy, and the Power to Heal - Tom Shroder**

Acid Test are the stories of Rick Doblin, the founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS), who has been fighting government prohibition of psychedelics for more than thirty years; Michael Mithoefer, a former emergency room physician, now a psychiatrist at the forefront of psychedelic therapy research; and his patient Nicholas Blackston, a former Marine who has suffered unfathomable mental anguish from the effects of brutal combat experiences in Iraq. All three men are passionate, relatable people; each flawed, each resilient, and each eccentric, yet very familiar and very human.

- **Your Psilocybin Mushroom Companion - Michelle Janikian**

An informative, easy-to-use guide to understanding magic mushrooms. From tips and trips to microdosing and psychedelic therapy.

- **Psilocybin Mushrooms of the World: An Identification Guide - Paul Stamets**

From the author of GROWING GOURMET AND MEDICINAL MUSHROOMS comes the only identification guide exclusively devoted to the world's psilocybin-containing mushrooms. Detailed descriptions and colour photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to modern-day culture.

- **The Psilocybin Mushroom Bible: The Definitive Guide to Growing and Using Magic Mushrooms - Dr K Mandrake & Virginia Haze**

The Psilocybin Mushroom Bible details every step of the complex mushroom cultivation process, making it hands down the largest and most comprehensive book ever written on the subject.

- **DMT & My Occult Mind (LITE): Investigation of Occult Realities Using the Spirit Molecule - Dick Khan**

DMT and My Occult Mind is unlike anything written before on the subject. It is a true work of creative vision, a book that thoughtfully and rationally investigates the very real possibility of a parallel occult kingdom.

- **Ecstasy: The Complete Guide A Comprehensive Look at the Risks and Benefits – Julie Holland**

The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorder, chronic pain, and other illnesses; and how to minimize the risk of illicit use. Whether you are a raver, a concerned parent, or a professional wanting the most recent reports on MDMA research, Ecstasy: The Complete Guide provides the answers you need.

- **Trust Surrender Receive: How MDMA Can Release Us From Trauma and PTSD - Anne Other**

How MDMA Can Release Us from Trauma and PTSD briefly chronicles the medical, legal, and social history of this misunderstood medicine, but its primary focus is to give a taste of how MDMA actually works from inside the experience, through the written and spoken words of firsthand testimonial accounts.

- **Ecstasy: The MDMA Story - Bruce Eisner**

MDMA, an intriguing psychotherapeutic substance, has surged to popularity and is used by millions. This book documents the legal status, psychology, erotic implications, use, risks, chemistry, and future implications.

- **Ketamine: Dreams & Realities - Karl Jansen**

The author's broad perspective that covers all the aspects of Ketamine from pharmacology to its use in raves makes this book interesting for clinicians and researchers, as well as the general public.

- **Ketamine for Depression - Dr Stephen J. Hyde**

This book summarises the research that has been carried out into ketamine for the treatment of depression over the past 15 years and, most importantly, describes different ways of using ketamine that are both practical and cost-effective.

- **The Little Book of Ketamine - Kit Kelly**

Used worldwide as both an anaesthetic and a recreational psychedelic drug, ketamine has recently attracted the attention of medical researchers, law enforcement officers, and people interested in exploring alternative spirituality and consciousness. The book describes the drug's history, its use in the underground party scene, and its sought-after effects as well as its dangers and how to reduce them.