



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

Martha Rhodes

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3,000 Pulses Later: A Memoir of Surviving Depression Without Medication Martha Rhodes

3,000 Pulses Later: A Memoir of Surviving Depression Without Medication describes how Martha Rhodes, a successful advertising executive, wife, and mother with a seemingly ideal life succumbed to depression and overdosed on Xanax and alcohol in a failed suicide attempt. The memoir describes her challenges with untreated, drug-resistant depression and the 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, Rhodes pursued TMS, Transcranial Magnetic Stimulation, the FDA-cleared, safe and proven-effective alternative to ECT (electroconvulsive therapy) and ineffective drugs.

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

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