WHERE the ROOTS REACH for WATER

A Personal & Natural History of Melancholia

Jeffery Smith

“More than a story about one man's struggle with his dark side: It's also a fascinating and highly idiosyncratic exploration of the illness, its history, and its place in the larger world.”
—Diane White,
The Boston Globe

Jeffery Smith was working as a psychiatric case manager in Missoula, Montana, when his own clinical depression began. Eventually, all his prescribed antidepressant medications proved ineffective at any dosage. Reversing the usual plotline of the modern-day depression memoir, Where the Roots Reach for Water tells the story of what happened to Smith after he decided to give up his medications and situate his life to his disposition. Deftly woven into his personal history is a “natural history” of melancholia and its ancient links to love and sex, creativity, spirituality, and landscape. As Smith searches far behind and beyond modern medicine, melancholia receives the unique and sweeping treatment only the most committed scholar and true sufferer could command.

"Like Annie Dillard's Pulitzer Prize-winning Pilgrim at Tinker Creek, [this book is] a compendium of one writer's reading and thinking on the subject... What makes it singular is the intellectual and moral seriousness with which [Smith] thinks and writes about his illness while in the grip of it... A searing account.”
—Greg Bottoms, Salon

"[A] view of melancholy... through the eyes of an ecologist... Smith is driven to map the landscape of melancholy. He finds it stretched deep through history, literature, medicine, and myth... [Where the Roots Reach for Water] doesn't discount the value of modern medicine, but it does soundly challenge its inevitability... Engrossing and persuasive.”
—Joshua Wolf Shenk, Mirabella