sleep and exercise. And he obsessed about whether to try getting one big study into an influential journal or to churn out lots of smaller papers.

Andrews took the riskier first approach, eventually publishing a paper in *Psychological Review* in 2009 (P. W. Andrews and J. A. Thomson Jr *Psychol. Rev.* 116, 620–654; 2009) that received lots of publicity, including a feature about his work in *The New York Times Magazine* early in 2010. Even after that, he had trouble getting interviews, despite submitting many applications. “I was like, ‘What do I have to do to get a job?’” says Andrews, who was by then desperate, depressed and anxious.

He still has recurring depressive symptoms when he struggles with obstacles at work. His research, which challenges mainstream ideas about depression as a disorder and the role of serotonin, also raises doubts about the value of antidepressants. He has found it hard to get his work published.

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