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Healing Without Freud Or Prozac

Healing without Freud or Prozac is written intelligently but simply. This book will become my bible on how to heal inner turmoil. Servan-Schreiber is a genius on explaining how, what and why stress, anxiety and depression can be "cured".

Healing Without Freud or Prozac: Natural Approaches to

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As the title suggests - Healing Without Freud or Prozac explains to us seven natural treatment approaches that capitalize on the mind and brains healing mechanisms from recovering from depression, anxiety and stress.

Healing Without Freud Or Prozac by David Servan-Schreiber

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Healing without Freud or Prozac. As prescriptions for antidepressants in the UK have tripled in the last decade alone, as record numbers of people seek help to combat anxiety and stress, and as evidence of the links between stress and disease increases exponentially - leading US psychiatrist Dr David Servan-Schreiber brings fresh hope and promise to the arena even from the front cover of this book:

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Healing without Freud or Prozac : natural approaches to curing stress, anxiety and depression. [David Servan-Schreiber] --

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Stress, anxiety and depression are among the most common reasons for people to see the doctor.

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In fact, he goes on, it is positively insane that something so effective isn't more mainstream. But then again, his book, Healing without Freud or Prozac, has sold more than a million copies...

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