

# Read Online The Depression Cure

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The depression cure  
audiobook summary Depression  
is a disease of  
civilization: Stephen Ilardi

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at TEDxEmory [Stephen Ilardi:](#)  
[Therapeutic Lifestyle Change](#)  
[for Depression](#) [Lift](#)  
[Depression With These 3](#)  
[Prescriptions- Without-Pills](#)  
[| Susan Heitler |](#)  
[TEDxWilmington](#) [Stanford](#)  
[Psychiatrist Reveals How](#)

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Cognitive Therapy Can Cure  
Your Depression and Anxiety

~~6 Ways To CURE DEPRESSION~~

*The Depression Cure*

*Audiobook by Stephen S.*

*Ilardi*

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7 Ways to Treat Depression  
Naturally Without

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Medications!How I overcame  
depression by just sitting  
around | Jonathan  
Schoenmaker | TEDxDelft The  
Upward Spiral [Audiobook] by  
Alex Korb **How Tony Robbins  
STOPS Depression \u0026  
Anxiety In 60 Seconds** Brain



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chemistry lifehacks: Steve  
Ilardi at TEDxKC ~~How to~~  
~~Stubbornly Refuse to Make~~  
~~Yourself Miserable About~~  
~~Anything by Albert Ellis~~  
~~Audiobook~~

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Depression and its treatment  
~~Five Things Not to Do When~~

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~~You Are Depressed~~ How to Get  
Your Life Together | Self  
Care Routine ? ~~How to get  
stuff done when you are  
depressed | Jessica Gimeno |  
TEDxPilsenWomen~~ **Love Someone  
Who Has Depression? This is  
What You Need to Know.** How

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To Stop Intrusive And  
Obsessive Thoughts The Top  
Five Things To Do If You Are  
Depressed-Part 1 **7 Books You  
Must Read If You Want More  
Success, Happiness and Peace  
Does Depression Cause  
Permanent Brain Damage? The**

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**Mood Cure by Julia Ross -  
Insight of the Week Anxiety  
/ Depression - The Book that  
Changed Our Lives \u0026  
Started Our Journey**

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10 Easy Self Care Tips for  
Depression Depression and  
Omega 3 The Depression Cure

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How I 'Cured' My Depression

CURE FOR DEPRESSION The

~~Depression Cure~~

Based on extensive research with an amazing success rate, The Depression Cure outlines a step-by-step plan for recovery from

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depression, which focuses on six key lifestyle elements that have largely disappeared in healthy doses from modern life: - physical exercise - omega-3 fatty acids - natural sunlight exposure - restorative sleep

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~~The Depression Cure: The Six-  
Step Programme to Beat ...~~

Other treatments

Mindfulness. Mindfulness

involves paying closer

attention to the present

moment, and focusing on your

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thoughts, ... St John's wort.  
St John's wort is a herbal  
treatment that some people  
take for depression. It's  
available from health...  
Brain stimulation. Brain  
stimulation is ...



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~~Clinical depression—  
Treatment—NHS~~

The Depression Cure How to  
beat depression without  
drugs. Dr. Ilardi, author of  
The Depression Cure and  
associate professor of  
psychology at the University

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of Kansas, is a clinical  
researcher...

~~The Depression Cure |  
Psychology Today~~

The Depression Cure offers  
six practical steps to  
fighting depression through

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Stephen S. Ilardi's program  
Therapeutic Lifestyle Change  
(TLC). The six components of  
TLC are: - dietary omega-3  
fatty acids - engaging  
activity - physical exercise  
- sunlight exposure - social  
support - sleep Most of the

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things above one can garner from common sense, which is why I relished reading The Depression Cure .

~~The Depression Cure: The  
6-Step Program to Beat  
Depression ...~~

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The Psychedelic Drug Trial:  
A Cure for Depression? a  
1x60 for BBC Two is made by  
Grain Media. It was  
commissioned by Patrick  
Holland, Controller, BBC Two  
and Jack Bootle, Head of  
Commissioning ...

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~~BBC — BBC Two to explore  
psychedelic drug trial as a  
cure ...~~

"There was a significant  
reduction in depression in  
the immediate-treatment  
group compared to those in

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the waitlist," Davis says.  
And patients responded much  
faster than with typical  
antidepressants.

~~Psilocybin Effective For  
Major Depression, Study  
Finds ...~~

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Instead, Ilardi insists, through much research and case studies of real people suffering from different forms of depression, that the use of "dietary omega-3 fatty acids, engaging activity, physical exercise,



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sunlight exposure, social support, and sleep," combine to create the healthiest cure for this disease.

~~The Depression Cure | Psych  
Central Reviews~~

Researchers have compared

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aerobic exercise and Zoloft  
head to head in the  
treatment of depression.  
Even at a low "dose" of  
exercise-thirty minutes of  
brisk walking three times a  
week-patients who...

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~~6 Steps for Beating  
Depression — World of  
Psychology~~

The Depression Cure's  
holistic approach has been  
met with great success  
rates, helping even those  
who have failed to respond

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to traditional medications.  
For anyone looking to  
supplement their treatment,  
The Depression Cure offers  
hope and a practical path to  
wellness for anyone.

~~The Depression Cure: The~~

*Page 28/105*

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~~6 Step Program to Beat  
Depression...~~

Treatment for psychotic  
depression involves:  
medicine - a combination of  
antipsychotics and  
antidepressants can help  
relieve the symptoms of

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psychosis psychological  
therapies - the 1-to-1  
talking therapy cognitive  
behavioural therapy (CBT)  
has proved effective in  
helping some people with  
psychosis

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~~Clinical depression~~

~~Psychotic depression~~ NHS

10 Natural Depression

Treatments Get in a routine.

. If you're depressed, you

need a routine, says Ian

Cook, MD. He's a

psychiatrist and director of

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the... Exercise. . It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people... Eat healthy. . There ...

~~10 Natural Depression~~

*Page 32/105*



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~~Treatments — WebMD~~

Treating your depression can help reduce the risk of another recurrence.

Treatment commonly includes a combination of some form of talk therapy, as well as medication. Sometimes people

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experience a...

~~Can You Cure Depression? How  
to Manage Symptoms~~

Three of the more common  
methods used in depression  
treatment include cognitive  
behavioral therapy,

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interpersonal therapy, and psychodynamic therapy. Often, a blended approach is used. Some types of therapy teach you practical techniques on how to reframe negative thinking and employ behavioral skills in

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combating depression.

~~Depression Treatment  
HelpGuide.org~~

There is no cure for depression, but many different treatments are available to manage the

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symptoms. The symptoms of depression vary among individuals. A treatment plan that includes medical...

~~Can you cure depression?  
Treatment and alternative~~

# Read Online The Depression Cure

~~therapies~~

However, though medication may make you feel better, the cure to depression is still in your hands. Only when you confront and understand the true cause of your depression, then take

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action to...

~~9 Ways to Cure Your Own  
Depression | Psychology  
Today~~

Sept. 15, 2005 -- If you are  
suffering from depression,  
the most effective treatment

*Page 39/105*

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may be the one you most want. Many experts agree that a combination of antidepressant medication and...

~~Best Depression Treatment:  
The One You Want~~



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69 Responses to The Ancient  
Cure for Depression. Dana  
Kullmann says: January 12,  
2020 at 4:44 pm . In 2017  
after 28 years as a Xerox  
field tech and 30 years in a  
loveless marriage with a  
wife that threatened suicide

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once a week I had finally had it. I was sitting in the backyard with a gun in my hand ready to take away my misery.

~~The Ancient Cure for  
Depression — UPLIFT~~

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Natural treatment for depression Traditional depression treatment uses a combination of prescription medication and counseling. But there are also alternative or complementary treatments you can...

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Based on the highly  
effective, proven  
Therapeutic Lifestyle Change  
(TLC) program: a practical  
plan for natural ways to

*Page 44/105*

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treat depression -- without medication In the past decade, depression rates have skyrocketed, and one in four Americans suffer from major depression at some point in their lives. Where have we gone wrong? Dr.

## Read Online The Depression Cure

Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived, poorly nourished, frenzied pace of twenty-first century life. Inspired by the

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extraordinary resilience of  
aboriginal groups like the  
Kaluli of Papua New Guinea,  
Dr. Ilardi prescribes an  
easy-to-follow, clinically  
proven program that harks  
back to what our bodies were  
originally made for and what

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they continue to need with  
these six components: Brain  
Food Don't Think, Do  
Antidepressant Exercise Let  
There Be Light Get Connected  
Habits of Healthy Sleep The  
Depression Cure's holistic  
approach has been met with



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great success rates, helping even those who have failed to respond to traditional medications. For anyone looking to supplement their treatment, The Depression Cure offers hope and a practical path to wellness

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for anyone.

Based on extensive research with an amazing success rate, The Depression Cure outlines a step-by-step plan for recovery from depression, which focuses on

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six key lifestyle elements  
that have largely  
disappeared in healthy doses  
from modern life: - physical  
exercise - omega-3 fatty  
acids - natural sunlight  
exposure - restorative sleep  
- social connectedness -

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meaningful, engaging activity With his six-step programme, Dr Ilardi not only makes sense of depression but offers a practical and straightforward plan for recovery. The Depression

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Cure is an essential guide for anyone seeking an alternative approach to depression treatment.

Based on the highly effective, proven  
Therapeutic Lifestyle Change

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(TLC) program: a practical plan for natural ways to treat depression -- without medication In the past decade, depression rates have skyrocketed, and one in four Americans suffer from major depression at some

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point in their lives. Where have we gone wrong? Dr. Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived, poorly nourished, frenzied

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pace of twenty-first century life. Inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea, Dr. Ilardi prescribes an easy-to-follow, clinically proven program that harks



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back to what our bodies were originally made for and what they continue to need with these six components: Brain Food Don't Think, Do Antidepressant Exercise Let There Be Light Get Connected Habits of Healthy Sleep The

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Depression Cure's holistic approach has been met with great success rates, helping even those who have failed to respond to traditional medications. For anyone looking to supplement their treatment, The Depression

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Cure offers hope and a practical path to wellness for anyone.

In the past decade, depression rates have skyrocketed, and one in four Americans will suffer from

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major depression at some point in their lives. Where have we gone wrong? Dr. Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived,

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poorly nourished, frenzied  
pace of twenty-first century  
life. Inspired by the  
extraordinary resilience of  
aboriginal groups like the  
Kaluli of Papua New Guinea,  
Dr. Ilardi prescribes an  
easy-to-follow, clinically

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proven program that harks back to what our bodies were originally made for and what they continue to need. The Depression Cure program has already delivered dramatic results, helping even those who have failed to respond

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to traditional medications.

A fascinating, "rich, and generous" (Financial Times) look at the treatment of depression by an award-winning science writer that blends popular science,

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narrative history, and memoir. Is depression a persistent low mood, or is it a range of symptoms? Can it be expressed through a single diagnosis, or does depression actually refer to a diversity of mental



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disorders? Is there, or will there ever be, a cure? In seeking the answers to these questions, Riley finds a rich history of ideas and treatments—and takes the reader on a gripping narrative journey, packed

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with fascinating stories like the junior doctor who discovered that some of the first antidepressants had a deadly reaction with cheese. "Interweaving memoir, case histories, and accounts of new therapies, Riley

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anatomizes what is still a fairly young science, and a troubled one" (The New Yorker). Reporting on the field of global mental health from its colonial past to the present day, Riley highlights a range of

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scalable therapies,  
including how a group of  
grandmothers stands on the  
frontline of a mental health  
revolution. Hopeful,  
fascinating, and profound, A  
Cure for Darkness is  
"recommended reading for

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anyone with even a peripheral interest in depression" (Washington Examiner).

Many of you who appear to have life under control are simply great actors.

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Underneath you live with inner tensions, anxiety or panic states, feelings of hopelessness or paranoia, racing thoughts, ongoing anger, bone-weary fatigue. . . . The good news is that all this is fixable. What is

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the best treatment for ongoing depression, mood swings, exhaustion, and anxiety? Psychotherapy? Prescription drugs? Or is there a natural way that works better and is safer, faster, and cheaper? There

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is, and now Joan Mathews Larson, Ph.D., the brilliant nutritionist who founded Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically.



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Twenty years of working with both addicted and nonaddicted patients has shown Larson that unhealthy and unstable moods are the result of the chemistry of our physical brains and are not psychological in origin.

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When you feed your imbalanced brain what it craves--the key essential fatty acids (EFAs), natural mind-body hormones, and the right amino acids--most mood swings, depressions, anxiety, and other upsets

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will disappear, even if they have a genetic basis.

Through proven all-natural formulas, Seven Weeks to Emotional Healing will help you find the emotional stability and well-being you've been missing your

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entire life. Inside you'll  
discover how to - Screen  
yourself for emotional and  
behavioral symptoms -  
Recognize the mental and  
physical clues that indicate  
biochemical imbalances -  
Find an open-minded health

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practitioner - Eat the right foods for optimal mental fitness Dr. Larson also provides her unique anti-aging formula that restores sexual function, rejuvenates the immune system, elevates mood and energy levels,

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reduces stress, and expands your life span! Seven Weeks to Emotional Healing is both responsible and effective--and gives you the tools you need to find lasting emotional health and contentment for the first

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time in your life.

THE INTERNATIONAL BESTSELLER

'A book that could actually  
make us happy' SIMON AMSTELL

'This amazing book will  
change your life' ELTON JOHN

'One of the most important

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texts of recent years'  
BRITISH JOURNAL OF GENERAL  
PRACTICE 'Brilliant,  
stimulating, radical' MATT  
HAIG 'The more people read  
this book, the better off  
the world will be' NAOMI  
KLEIN 'Wonderful' HILLARY



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CLINTON 'Eye-opening'  
GUARDIAN 'Brilliant for  
anyone wanting a better  
understanding of mental  
health' ZOE BALL 'A game-  
changer' DAVINA MCCALL  
'Extraordinary' DR MAX  
PEMBERTON 'Beautiful'

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RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living

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today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions - ones that offer real hope.

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With 350 million people affected by severe depression worldwide, and with pharmaceutical approaches currently not working, the resurrection of magic mushrooms as

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psychological and spiritual healing has never been more important. From the 1950s to 1970, doctors often used hallucinogens to treat anxiety and depression before the practice fell out of fashion. In recent years,

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however, the street drug ketamine has gained recognition in medical circles as a possible long-acting antidepressant, and psilocybin has shown preliminary promise as a therapy for obsessive-

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compulsive disorder, tobacco and alcohol addiction, and anxiety in people with advanced cancer. The initial studies also suggest that psilocybin is safe for patients to take at appropriate doses. Magic

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mushrooms are an impressive depression treatment, but they're banned by governments around the world. Even though magic mushrooms continue to prove powerful in healing severe depression, governments



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around the world have made them illegal. Over 200 species of mushrooms contain the psychedelic substance psilocybin. Governments continue to prove themselves good at separating us from one another, removing us

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from nature, and tearing us away from all that we are. We can look to skyrocketing incarceration numbers as evidence of our separation from one another. We can look to all the violence initiated by government

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cartels - as they bust down doors and take innocent lives in search of illegal plants. We can look to all of government's abuses and see how it has always been about trying to control one another and place

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restrictions on our natural rights as human beings. Psilocybin provides lasting relief from depression because it works its way into receptors in the brain, disrupting something called the Default

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Mode Network. This area in the brain is measurably over-reactive in people who are depressed. Psilocybin literally changes how people view themselves and their relationships with the rest of the world. It has been

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known to elicit a spiritual "awakening" in some people, giving them an entirely new perspective on what it means to be alive.

What if everything we thought we knew about

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depression--and how to heal from it--was wrong? Many antidepressants--the first line in our standard of care for treating depression--bring with them potential health risks, yet 1 in 6 Americans takes

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medication to alleviate feeling sad, anxious, stuck, or unable to focus or sleep. More and more, conventional medicine pathologizes how we respond to life's challenges--like feeling trapped in an unfulfilling



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job, grieving the death of a loved one, or being anxious about a bad relationship--telling us that they're symptoms of disease. Psychiatrist Jodie Skillicorn presents a new path, debunking the myth of

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the neurochemical imbalance and exploring the roots of depression, such as adverse childhood experiences (ACEs) and poorly managed day-to-day stress. Evidence-based and fully supported by current depression research,

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Dr. Skillicorn's holistic methods for beating depression--including nutrition, mindfulness, fostering meaningful connections, exercise, sleep, nature, and breathwork--empower readers

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to become agents of their own wholeness and healing.

How prevalent is depression? A few years ago, the surgeon general called major depression an epidemic in America. According to the

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National Institute of Mental Health (NIMH), about 20.9 million American adults, or about 9.5 percent of the U.S. population age 18 and older in a given, have a mood disorder (which includes the three major

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types of depressive disorder). The World Health Organization (WHO) has found that major depression is the leading cause of disability worldwide among person aged 15-44 years old. I have worded as a psychologist

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since the late 1980's. In my work with various clients, I have become increasingly aware that what I had been taught in my years of psychological training was insufficient to adequately treat the many mental

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disorders that plague our society today including depression. However, there is another way to treat depression, one that addresses the whole person. This book explains these principles and concepts, and



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how my work with clients has  
taken a positive turn.

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