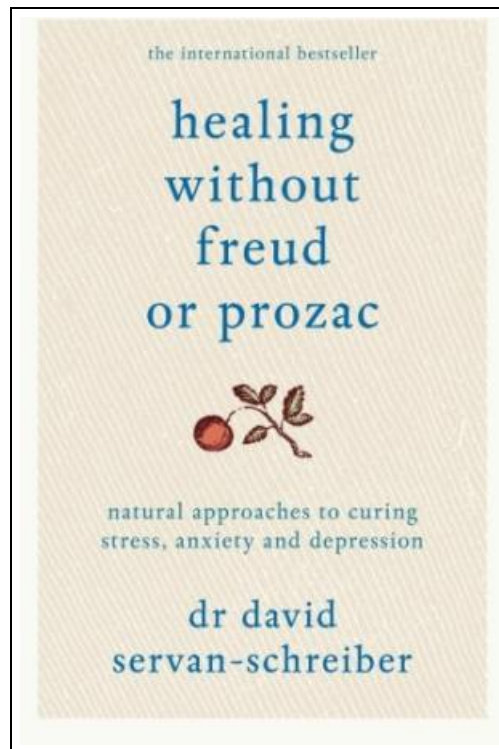


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Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

(Mrs. Ellie Yost II)

HEALING WITHOUT FREUD OR PROZAC: NATURAL APPROACHES TO CURING STRESS, ANXIETY AND DEPRESSION (UNABRIDGED)



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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Healing without Freud or Prozac: Natural Approaches to Curing Stress, Anxiety and Depression (Unabridged), David Servan-Schreiber, Stress, anxiety and depression are among the most common reasons for people to see the doctor. The drugs targeting these conditions are pharmaceutical bestsellers. Yet a majority of patients would like to be able to heal without taking drugs or engaging in therapy that involves talking about their problems. Dr Servan-Schreiber gathers together, in one place, the answers to the public's questions about alternatives to drugs and talk therapy. He discusses only treatment methods he has used with patients himself, methods which have been proven to work in clinical studies. Beautifully written, with many pertinent case histories, this book will be a revelation to those who dismiss alternative medicine and a godsend to those who are looking for help without taking drugs and without talk therapy.

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