



**The Doctors Book of Home Remedies for
Depression: More Than 100 Solutions for Turning
Your Life Around Through Positive Thinking,
Nutritional Healing, and More (Doctors' Book of
Home Remedies)**

Prevention

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If you're one of the nearly 10 percent of Americans who suffer from some degree of depression, you know how debilitating this "common cold" of mental health can be. Without proper treatment, painful symptoms can last for months, years, or even a lifetime. In this latest volume from the best-selling Doctors Book of Home Remedies series, nearly 70 doctors and alternative healing experts offer myriad proven and practical self-care methods to help you beat the blues.

You'll find the latest research on the most promising new supplements; often-overlooked "mood benders" (such as aerosol air fresheners or an undetected food allergy) that could be contributing to your depression; dozens of fast-acting remedies to boost your mood; nutritional advice on meeting your body's dietary needs; and creative ways to tap into your inner child, relax, and enjoy life.

Contributing experts include:

Harold Bloomfield, M.D. Psychiatrist and author of *Hypericum and Depression*

Andrew Weil, M.D. Holistic healing authority and author of *Eating Well for Optimum Health*

Deepak Chopra, M.D. Spiritual leader and author of *Body, Mind, and Soul*

Elizabeth Somer, R.D. Author of *Food and Mood*

Joseph Pizzorno, N.D. Founding president of Bastyr University of Natural Health Sciences

Wayne W. Dyer, Ph.D. Motivational leader and author of *Manifest Your Destiny*

James Duke, Ph.D. Herbal healing authority and author of *The Green Pharmacy*

And dozens of others!

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From reader reviews:

Maria Scully:

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Holley Shipman:

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Irene Gonzales:

Are you kind of stressful person, only have 10 or even 15 minute in your day time to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you have problem with the book when compared with can satisfy your small amount of time to read it because this all time you only find guide that need more time to be study. The Doctors Book of Home Remedies for Depression: More Than 100 Solutions for Turning Your Life Around Through Positive Thinking, Nutritional Healing, and More (Doctors' Book of Home Remedies) can be your answer given it can be read by anyone who have those short free time problems.

Dominique Rigney:

That publication can make you to feel relax. That book The Doctors Book of Home Remedies for Depression: More Than 100 Solutions for Turning Your Life Around Through Positive Thinking, Nutritional

Healing, and More (Doctors' Book of Home Remedies) was colourful and of course has pictures on the website. As we know that book The Doctors Book of Home Remedies for Depression: More Than 100 Solutions for Turning Your Life Around Through Positive Thinking, Nutritional Healing, and More (Doctors' Book of Home Remedies) has many kinds or style. Start from kids until youngsters. For example Naruto or Detective Conan you can read and think you are the character on there. Therefore , not at all of book are usually make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for yourself and try to like reading in which.

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