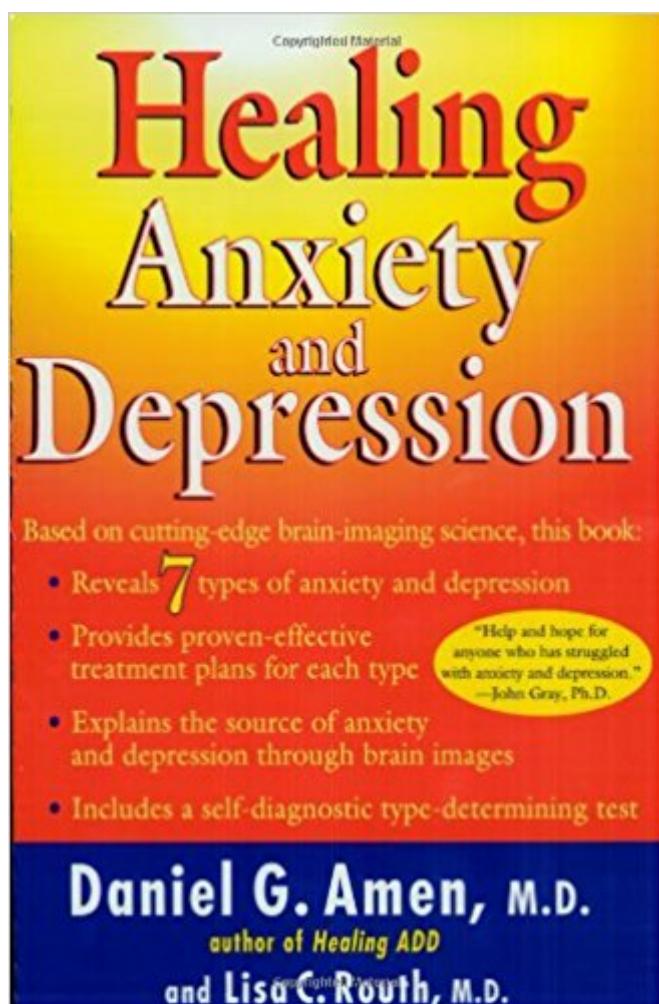


The book was found

Healing Anxiety And Depression: Based On Cutting-Edge Brain Imaging Science



Synopsis

Dr. Daniel Amen-a pioneer in uncovering the connections between the brain and behavior-presents his revolutionary approach to treating anxiety and depressive disorders. *Healing Anxiety and Depression* reveals the major anxiety and depression centers of the brain, offers guidelines and diagnostic tools to determine the specific type of anxiety and depression, and provides a comprehensive program for treating each type. Based on new brain science-and featuring treatment plans that include medication, diet, supplements, exercise, and social and therapeutic support-this groundbreaking book will help readers conquer these potentially devastating disorders and change the way they think about anxiety and depression.

Book Information

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Customer Reviews

"Help and hope for anyone who has struggled with anxiety and depression."

Daniel G. Amen, M.D., is a clinical neuroscientist, a psychiatrist, and the director of clinics in California, Washington state, and Virginia. In addition to operating a private practice, he is an assistant clinical professor of psychiatry and human behavior at the University of California, Irvine, College of Medicine. He is the author of *Healing ADD*, *Healing Anxiety and Depression*, and *Change Your Brain, Change Your Life*. Lisa C. Routh, M.D., is a neuropsychiatrist with special training in neurology, general psychiatry, child psychiatry, and functional brain imaging. She lives in Houston, Texas.Â Â

From the minitests to the nutritional/med info, this book is fabulous. At the time, we were trying to help my spouse who was not yet diagnosed with clinical depression. Reading this, I pushed him to get help. After the Amen Clinic diagnosed him, this let me eval the meds they put him on. While he was clinically depressed and behaved in ways wanting everyone around him to be as depressed as he was, it helped the rest of us to assess how we were doing. If you are around anyone with major depression, you know you have to take care of yourself so they don't, as they drown, also drown you. This book gave us the info that let us confidently take steps to move forward. It is just an awesome book!

This is the best compendium of information on anxiety and depression I have found. For many years I have recommended it to my patients dealing with these issues. Dr. Amen knows that healing is a holistic, whole body experience that goes well beyond whatever medication or supplements may be required. Jan C. Tucker Ph.D.

Great book. Learn more about preventing anxiety and depression. Which amino acids and vitamins will correct or prevent the problems in your brain. Do you need an appointment with Dr. Daniel Amen? Read his book and decide. The book contains enough information to improve health and prevent brain stress and anxiety in many readers. Watch him on PBS or visit him in his clinic.

Thanks to the quizzes, I was able to see where my level of anxiety falls under the different types of anxiety and depression. Dr. Amen explains the traits of each type of depression very well, and he offers many holistic approaches to deal with the solution, including sleep, exercise and vitamins. The most convincing evidence that there are different types of depression are the brain scans showing the parts of the brain that are affected by each type. This is his best book on understanding depression.

Great product, thank you for your business!

Science advances one funeral at a time.-Max Planck We still have a while before the Daniel's concepts are well accepted. The book is good, but needs updated.

lots of help and understanding in this book

I know there are polarizing opinions regarding the validity of Dr. Amen's work, which is understandable. I myself am on the fence as to whether his brain imaging technology is truly the real deal, or a money making gimmick. He utilizes the example of a young person that they found a brain tumor in, and describes the fact that he had to have a total of 15 surgeries by the time he was like 18 years old! I might be incorrect about the numbers on that, but regardless. How is that many surgeries beneficial to a person that young?? No wonder they had a hard time trying to find a surgeon willing to perform the initial operation. It was a horrible example of a brain imaging "success" story. But anyways, I did give the book 5 stars, because regardless of your feelings on the brain imaging techniques, and despite the dismal example of a "success" story, it is inarguable that the book not only describes in detail, very real forms of depression/anxiety and how they can be managed. I am by no means a clinical psychologist, but I do have a master's degree in psychology, and have been a long time sufferer of minor depression and anxiety. I can tell you that depression and/or anxiety is not "one size fits all" and Dr. Amen does an excellent job in his book of detailing the different types. He writes in a vernacular that the general public can comprehend without a medical degree. He also goes on to provide management tips for the different types, including dietary changes, activity habits, etc. I love that Dr. Amen's motto is "skills not just pills" because too many sufferers of mental illness rely too heavily on pills, which is realistically the equivalent of putting a bandaid on a bullet wound. Life skills and coping strategies must be implemented in addition to any medications, and Dr. Amen stresses this in his book. I also like that Dr. Amen provides additional insight as to what substances the different types have a tendency to become addicted to, and behaviors to look out for. I read the entire thing cover to cover, and I feel like if nothing else, it's just such a good reference for anyone struggling to understand their emotional instability or mental illness. If someone is uninterested at first in seeking medication, there are some great tips in here for changes that can be made as a first step towards improvement. A very informative guidebook for both sufferers of such issues, and well as students and professionals in the field. Highly recommend.

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