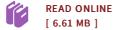




## Natural Prozac: Learning to Release Your Bodys Own Anti-Depressants

By Joel C. Robertson

HarperOne. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 7.9in. x 5.2in. x 0.7in. THE DRUG-FREE ALTERNATIVE TO ENDING DEPRESSIONDepressed people cannot simply cheer up. They suffer from a chemical imbalance in their central nervous system that is the source of their depression. Fortunately, balance can be restored, and that is the aim of this bookl will demonstrate how common behaviours can either maintain a brain-chemical imbalance and thus sustain depression or be used to balance our brain chemicals in order to overcome depression. - from Natural ProzacFor millions of people, depression is an inescapable fact of daily life. Now, Natural Prozac reveals how to break the debilitating grip of clinical depression by ending self-destructive patterns of thought and behaviour. This safe, easy-to-follow, and scientifically proven approach to natural healing addresses the root causes of depression, not just its symptoms, and offers a new way to restore the brains naturalchemical balance without the use of prescription drugs. DR JOEL ROBERTSON, an internationally known expert on pharmacology and brain chemistry, helps readers: develop a tailored program of diet and exercise that will restore natural balance to the brains chemistry learn new techniques for understanding and breaking free of negative habits adopt behaviours...



## Reviews

This ebook is indeed gripping and fascinating. It is definitely simplistic but excitement from the 50 % of your book. You wont sense monotony at at any time of your own time (that's what catalogs are for relating to should you check with me). -- **Mr. David Stanton Jr.** 

Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.

-- Meagan Beahan