



## 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 DEPRESSION Depressed 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 book! 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 Prozac For 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 natural chemical 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...



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