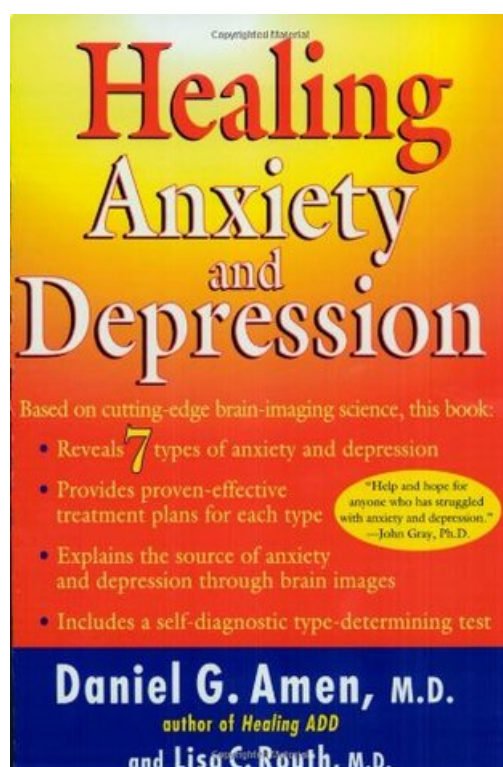


# **!BETTER! Healing Anxiety and Depression by Daniel G. Amen**

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### **Book description**

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.

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