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Depression-free for Life: A Physician's All-Natural, 5-Step Plan

Gabriel Cousens, Mark Mayell

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A customized, drug-free program that attacks the biochemical roots of depression -- with a 90% success rate

Not all depressions are alike. And despite the attention given to Prozac and other drugs, there quite literally is no magic pill. Instead, writes Dr. Gabriel Cousens, someone who suffers from depression needs a customized, individual program, one that attacks the personal, biochemical roots of the problem.

In *Depression-Free for Life*, Dr. Cousens shows how to heal depression safely by synergistically rebalancing what he calls "the natural drugs of the brain," using a five-step program of mood-boosting substances, vitamin and mineral supplements, and a mood-enhancing diet and lifestyle. Grounded in cutting-edge science, yet accessible and safe, this book shows how to regain your optimism and energy through balancing your own biochemistry.

Depression-Free for Life

- Helps you customize your approach through easy self-assessment exercises
- Outlines a five-step program for harnessing your own body chemistry
- Incluedes a seven-day menu plan
- Features thirty savory but simple recipes

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Paul Simpson:

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Mitchell Peed:

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Mark Brainerd:

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