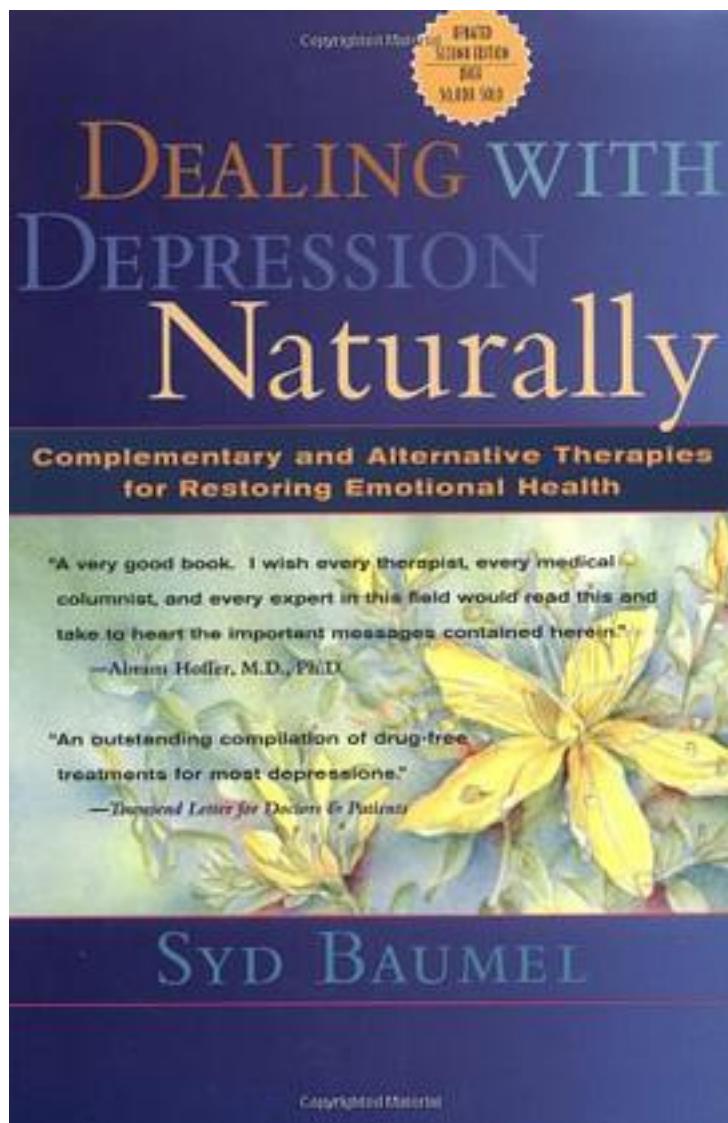


# Dealing with Depression Naturally



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From the cutting edge of natural antidepressant research, here is new information on St. John's wort, SAMe, bright light therapy, and other proven natural remedies for depression. This fully updated second edition explores emotional health, including mood-enhancing fats and herbal antidepressants.

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