

# You Mean I Don't Have to Feel?

Colette Dowling

Author of RED HOT MAMAS

YOU MEAN  
I DON'T  
*HAVE*  
TO FEEL  
THIS WAY?

New Help for Depression,  
Anxiety, and Addiction

Foreword by Harrison G. Pope, Jr., M.D., and James I. Hudson, M.D.

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"A down-to-earth, hopeful, useful--and, from the point of view of this 'recovered' depressive--accurate account of how to treat depression."--Mike Wallace, 60 Minutes .

Colette Dowling watched depression destroy her husband's life and leap to the next generation to nearly destroy her daughter's--until dramatic help was found. Now her ground-breaking book offers the same lifesaving help to the millions who still suffer depression and related disorders--which include panic, anxiety, phobias, PMS, alcohol and drug abuse, bulimia, migraine, and obesity. *You Mean I Don't Have To Feel This Way?* documents the latest research that links depression and related disorders to a physical cause and shows why willpower, understanding, and psychotherapy so often fail to work. It explains the state-of-the-art medical treatments that can bring about dramatic improvement--and often full recovery--within weeks. This important book includes: startling new links between eating disorders, addiction, and depression. How to recognize the symptoms of depression and anxiety disorders. Vital information about new treatments for depressed children and adolescents. A guide to breakthrough drugs for treating mood, anxiety, and eating disorders. The newest research on the use of antidepressants to prevent substance-abuse relapse. How to find expert help and evaluate the treatment you are given. Upbeat, filled with hope and warmth, Colette Dowling's book will change minds and save lives.

作者介绍:

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