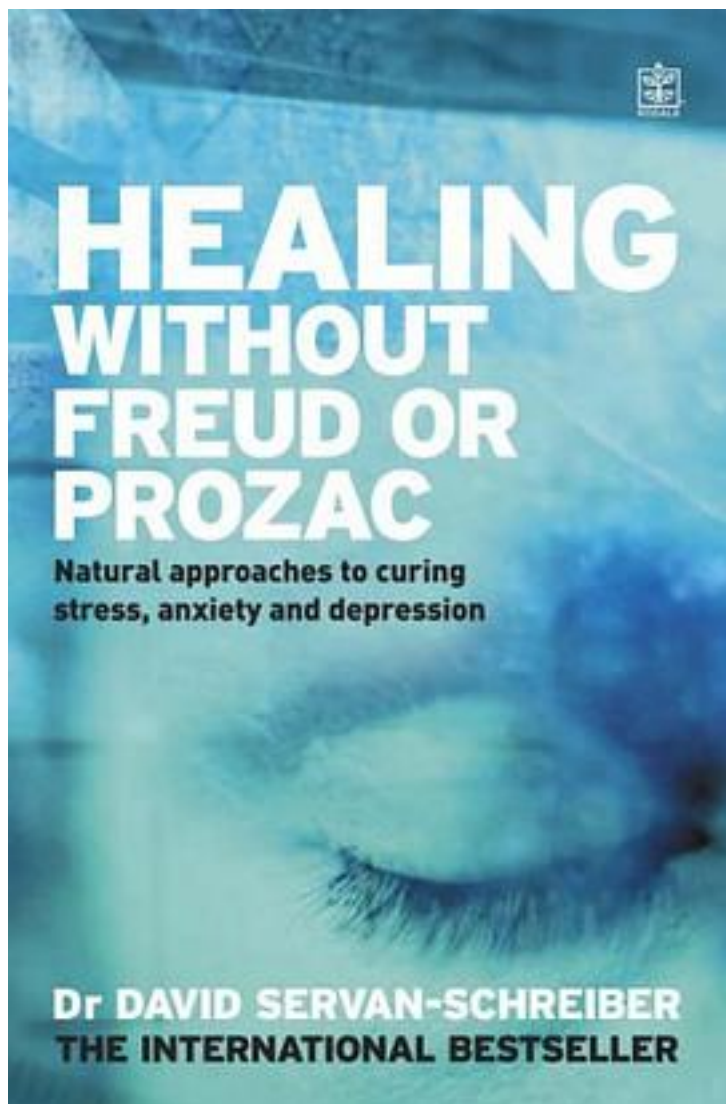


# Healing Without Freud or Prozac



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## Synopsis

Stress, anxiety and depression are among the most common reasons for people to see the doctor. The drugs targeting these conditions are pharmaceutical bestsellers. Yet a majority of patients would like to be able to heal without taking drugs or engaging in therapy that involves talking about their problems. Dr Servan-Schreiber gathers together, in one place, the answers to the public's questions about alternatives to drugs and talk therapy. He discusses only treatment methods he has used with patients himself, methods which have been proven to work in clinical studies. Beautifully written, with many pertinent case histories, this book will be a revelation to those who dismiss alternative medicine and a godsend to those who are looking for help without taking drugs and without talk therapy.

作者介绍:

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## 标签

心理治疗

情商启蒙

心理学

## 评论

A brilliant job of bringing together insights and information of vital importance for well-being. -- Daniel Goleman

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