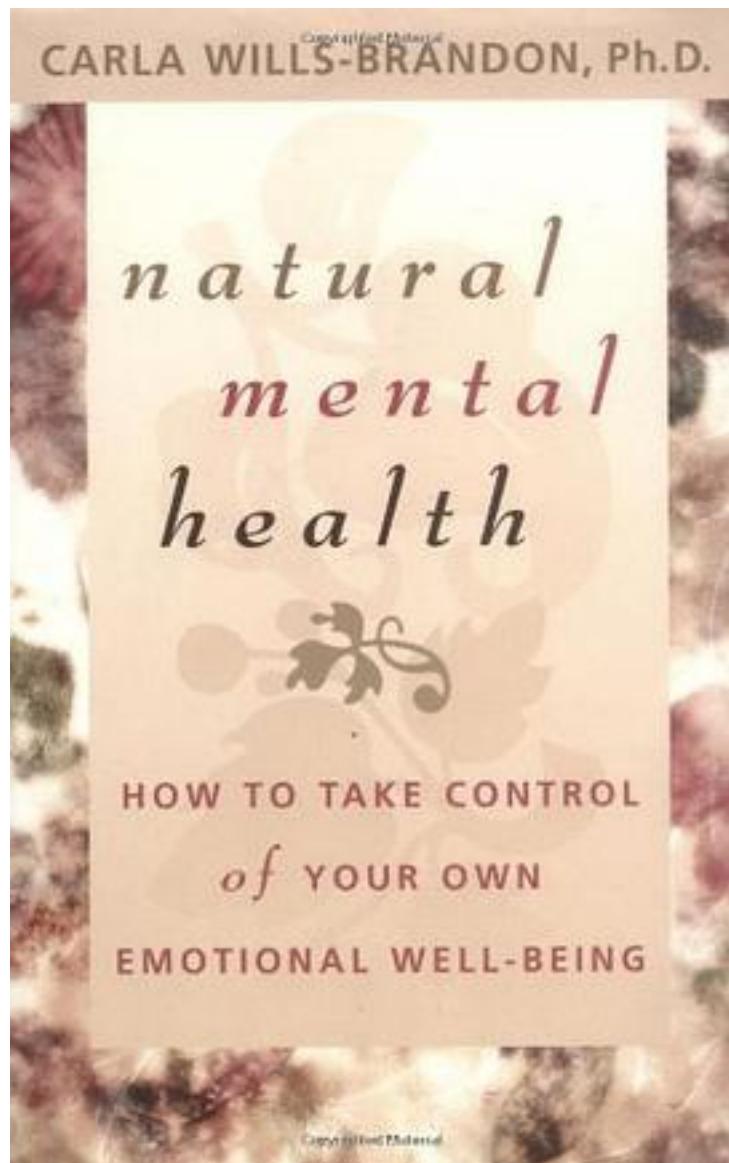


Natural Mental Health



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Natural Mental Health is a guidebook that provides holistic methods of resolution to mental health issues. It will enable readers to take responsibility for their own emotional healing from a "whole person" point of view. Emotional concerns are explored from a psychological, emotional, and spiritual perspective, utilizing experiential therapeutic techniques (which, for the most part, can be used without the aid of a therapist); lifestyle changes; nutritional education; and information on beneficial herbs. This guide presents a number of simple solutions to numerous, specific mental health concerns -- and is easy to understand and practical for everyday living. Topics covered in this work range from depression, self-esteem, and sexuality; to addictions, anxiety states, and even divorce.

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