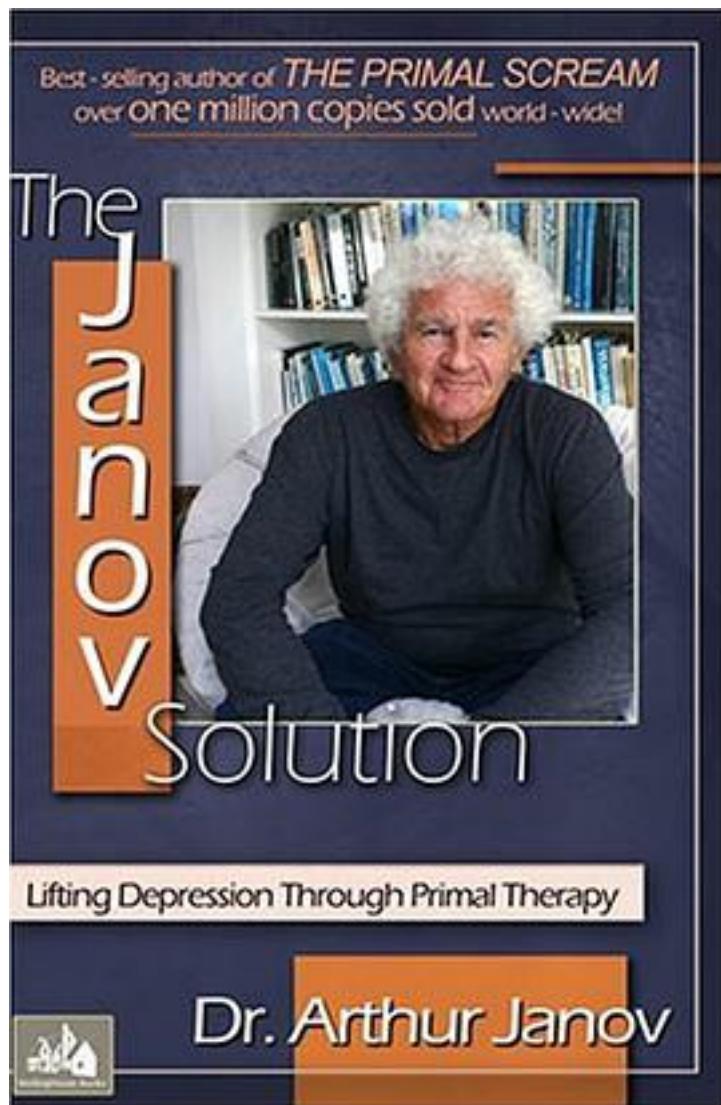


# The Janov Solution



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著者:Janov, Arthur

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The author of The Primal Scream offers an end to the agony of depression. Dr. Arthur Janov's book The Primal Scream is one of the most popular nonfiction mental health books ever written. Now Dr. Janov has penned a book that promises to cause a breakthrough in mental health. The Janov Solution presents brilliant new techniques for rooting out depression, thus reducing or eliminating the need for anti-depressant medications, electroshock, and even brain surgery. In clear, easy-to-understand language, The Janov Solution explains how Primal Therapy can help us safely access the deepest levels of the brain and relive the primal experiences that drive feelings of despair. In doing so, we can learn to conquer depression for good. The Janov Solution is nothing less than a groundbreaking book for the millions whose lives may be at risk because of depression, anxiety and paralyzing "blues."

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