

[PDF] A Mind Of Your Own: The Truth About Depression And How Women Can Heal Their Bodies To Reclaim Their Lives

M.D., Kelly Brogan, Kristin Loberg - pdf download free book

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Advance Praise for *A Mind of Your Own*

"*A Mind of Your Own* is most useful for women in this culture who have bought into the idea that drugs are the best answer to anxiety and depression. With the research to prove it, Dr. Kelly Brogan here sets a path to help you reclaim your mind and your brain health."

—Christiane Nottberg, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* and *Goldilocks, New Age*

"*A Mind of Your Own* brings the most forward-thinking clinical research combined with a healthy dose of common sense to help bring a revolution to treating mood disorders. Dr. Brogan's approach is a refreshingly holistic path to a well-balanced, healthy, and safe pharmaceutical."

—David Patterson, PhD, board-certified neurologist, Johns Hopkins College of Medicine and author of the #1 New York Times bestseller *Good Bodies* and *Good Habits*

"Bold, brilliant, and brimming with practical ideas and tools to treat depression and anxiety without drugs, *A Mind of Your Own* is a true do-how that will change how you approach your health and mental well-being."

—Nora Goldstein, MD, author of *The Hormone Reset Diet* and *The Hormone Cure*

"There's a new prescription for thinking about the causes of depression and how best to treat it: heal the body and the mind will follow. Kelly Brogan provides readers with a clear review of the science behind that prescription, and shows how to live it. *A Mind of Your Own* is an engaging read, and one that challenges readers to open their minds to new possibilities in mental health."

—Robert Whitaker, author of *Mad as America and Anatomy of an Epidemic*

"I love *A Mind of Your Own*. The title is the perfect affirmation for how a person can take charge of her own mental health. Dr. Brogan expertly makes the point that anti-depressants are not without health risks and are of limited success in treatment. Anyone reading this book will come away with a scientifically based, safe, and effective approach to mental health without the use of drugs."

—Julie Ward, PhD, FRCN, author of *The Disease Delusion*



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Description:

New York Times bestseller

International bestseller

Named one of the top health and wellness books for 2016 by *MindBodyGreen*

Depression is not a disease. It is a symptom.

Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy.

According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body.

In this groundbreaking, science-based and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings, combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: it is not simply a chemical imbalance, but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance – from blood sugar, to gut health, to thyroid function– and inflammation is at the root.

A Mind of Your Own offers an achievable, step-by-step 30-day action plan—including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques—women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription.

Bold, brave, and revolutionary, *A Mind of Your Own* takes readers on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

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