



A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

Kelly Brogan, Kristin Loberg

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Depression is not a disease. It is a symptom.

Recent years have seen a shocking increase in antidepressant use the world over, with one in four women starting her day with medication. These drugs have steadily become the panacea for everything from grief, irritability, and 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 listeners on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

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James Hopwood:

Reading can called imagination hangout, why? Because while you are reading a book specially book entitled A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives your brain will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely can be your mind friends. Imaging each word written in a publication then become one type conclusion and explanation in which maybe you never get prior to. The A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives giving you a different experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us present to you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

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Joy Becker:

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