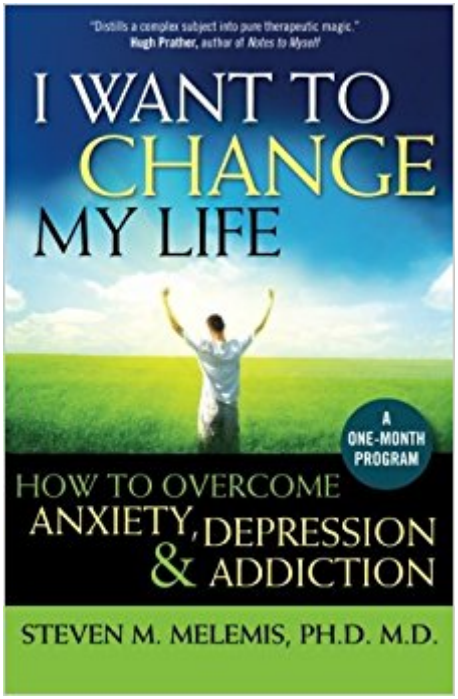
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I Want To Change My Life: How To Overcome Anxiety, Depression And Addiction



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Synopsis

The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment, and relapse prevention strategies that will change your life. Learn new coping skills such as cognitive therapy, stress management, and mindfulness along with step-by-step instructions on how to use them. The book includes numerous exercises and a one-month program to help you get started. Dr. Melemis is a leading authority in addiction and mood disorders who has helped thousands of people improve their lives. For more information refer to IWantToChangeMyLife.org.

Book Information

Paperback: 276 pages

Publisher: Modern Therapies; 1/30/10 edition (March 1, 2010)

Language: English

ISBN-10: 1897572239

ISBN-13: 978-1897572238

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 127 customer reviews

Best Sellers Rank: #20,614 in Books (See Top 100 in Books) #35 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #40 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #69 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

Steven M. Melemis MD PhD is a leading authority in addiction and mood disorders. He is past Vice-Chair of Addiction Medicine for the Ontario Medical Association. Dr. Melemis has a post-doctoral fellowship from the University of California at Berkeley, and has received the honor of Fellow of the Royal Society of Medicine. He has lectured widely to the public and to health professionals, and has been interviewed for print, radio, and television.

Very good for an ocd person explained why I have fallen for addictive patterns though out my life

Wonderful publication.A very valuable addition to my research library.Very informative and easy reading.Extremely pleased with this purchase.Highly recommend to others.

Informative and a helpful tool to clients and individuals searching to change their lives!!

Fantastic! My wife and I have read this book together and it is great.

Understanding is keeping I will be there for the full amount of time to make it rightLike a great idea.

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Understandable paradym.

The book is great and arrived in great condition.

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