



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

Kelly Brogan M.D.

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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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Erich Arnold:

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Dan Morris:

Now a day folks who Living in the era just where everything reachable by connect with the internet and the resources within it can be true or not call for people to be aware of each data they get. How individuals to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Reading a book can help people out of this uncertainty Information specially this A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives book because this book offers you rich info and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you probably know this.

Omar Lamm:

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Loretta Pena:

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