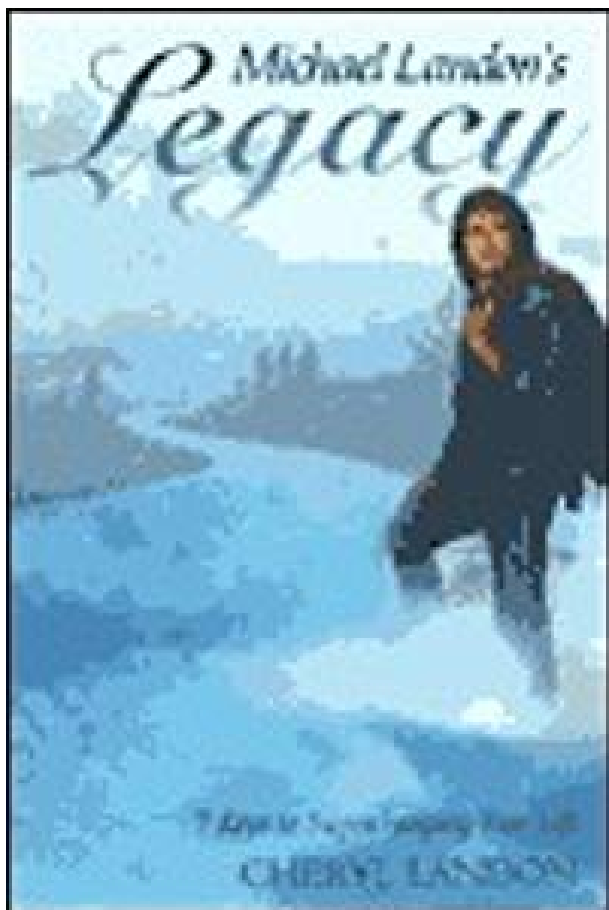


# Michael Landon's Legacy: 7 Keys to Supercharging Your Life



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Introducing The Healthy Mind Guides, a series of books offering original research and treatment options for reversing several so-called mental disorders, written by noted health journalist and author Stephanie Marohn. The series' focus is the natural medicine approach, a refreshing and hopeful outlook based on treating the individual's needs rather than their medical label, and addressing the underlying imbalances -- biological, psychological, emotional, and spiritual. Each book in the series offers the very latest information about the possible causes of each disorder, and presents a wide range of effective, practical therapies drawn from extensive interviews with physicians and other practitioners who are innovators in their respective fields. Case studies throughout the books illustrate the applications of these therapies, and numerous resources are provided for readers who want to seek treatment. The Natural Medicine Guide to Depression explores depression from the perspective that its causes lie in imbalances on the physical, psychological/emotional, spiritual, and psychic levels. Once diagnosed, the underlying imbalances are addressed through a natural medicine approach offering the potential for a lasting restoration of well-being instead of reliance on antidepressant medications. The Natural Medicine Guide to Depression offers readers no fewer than fifteen such natural therapies that go well beyond the antidepressant herb St. John's wort. Included are detailed discussions of therapies such as Biological medicine, Flower essences, NAET (allergy elimination),

Osteopathy, Thought Field Therapy, Traditional Chinese Medicine, and many more. Case studies throughout the book put a human face on depression and illustrate the practical application of the therapeutic modalities.