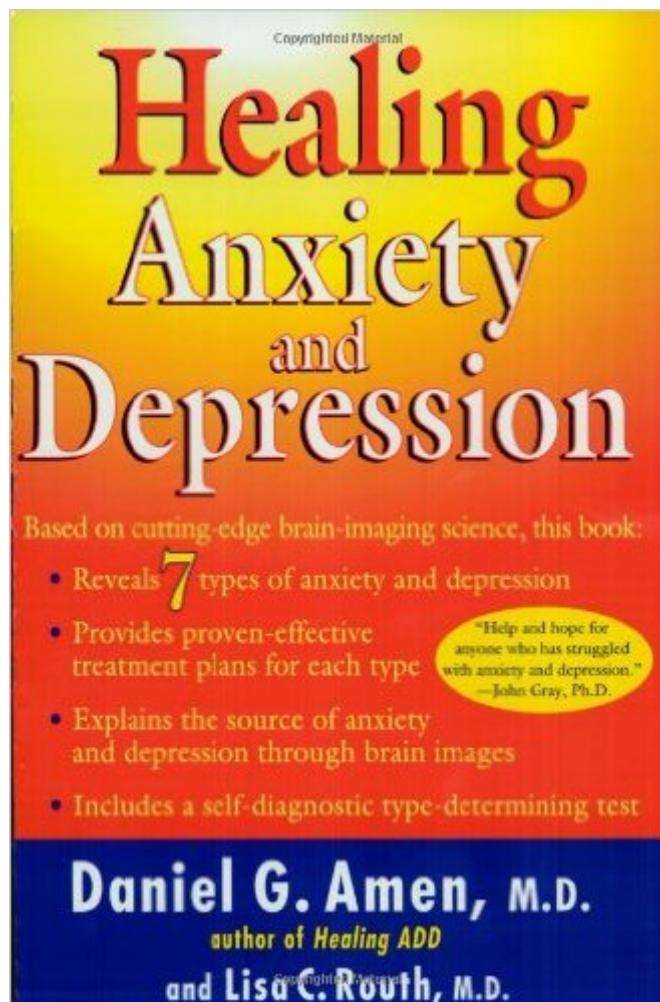


The book was found

Healing Anxiety And Depression: Based On Cutting-Edge Brain Imaging Science



Synopsis

Dr. Daniel Amen-a pioneer in uncovering the connections between the brain and behavior-presents his revolutionary approach to treating anxiety and depressive disorders. *Healing Anxiety and Depression* reveals the major anxiety and depression centers of the brain, offers guidelines and diagnostic tools to determine the specific type of anxiety and depression, and provides a comprehensive program for treating each type. Based on new brain science-and featuring treatment plans that include medication, diet, supplements, exercise, and social and therapeutic support-this groundbreaking book will help readers conquer these potentially devastating disorders and change the way they think about anxiety and depression.

Book Information

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Customer Reviews

Many books are one-sided arguments for the causes of depression and anxiety. According to these biased books, depressions stems from:Past child abuse and other negative environment factorsHolding your body in a depressing way - bent down, frowning, etc.Medical causesPoor diet, lack of exerciseIsolationFill in the blankBut this book is different. *Healing Anxiety and Depression* is a refreshing book, for it takes all of the above factors and mixes it into a complete approach to the causes and treatment of anxiety and depression. Moreover, Daniel Amen, M.D. and his co-author, Lisa C. Routh, M.D. have pioneered the use of a brain imaging technology known as SPECT: Single Photon Emission Computed Tomography. This interesting brain scanning method is different than other methods because it allows one to see how certain parts of the brain interact to cause these debilitating conditions. Other methods of brain imaging only give a surface view of the brain - which

is of very little use for psychiatry. The authors also touch upon how these areas of the brain cause insomnia, suicide and violence as well. They also point out the different causes of anxiety and depression between the genders. They convincingly describe gender differences from social, psychological, and biological perspectives. In short: they give you the full picture on depression from every possible angle - literally. In between the pages, interspersed among case histories, personal stories, and scientific explanations, you will find actual pictures of the five areas of the brain they have focused on via SPECT technology:1.) Basal Ganglia2.) Deep Limbic System3.) Anterior Cingulate Gyrus4.) Temporal Lobes5.

Healing Anxiety and Depression is an easy-to-read book that shines a spotlight on anxiety and depressive disorders from the perspective of brain functioning, as opposed to the traditional diagnostic approach based primarily on symptom clusters. In this book, Dr. Amen and Dr. Routh clearly explain the following five major interconnected brain circuits that underlie most of these disorders:^{*} basal ganglia-sets the body's idling level^{*} deep limbic system-sets the mind's feeling tone^{*} anterior cingulated gyrus-helps shift attention^{*} temporal lobes-helps mood stability, temper control, and memory^{*} prefrontal cortex-helps with decision making, attention span, judgment, and impulse controlThe authors describe in detail the functions associated with each of these brain components, as well as the common difficulties that arise when that particular part of the brain is not functioning well. They proceed to propose a new way of approaching treatment for anxiety and depression, based on their finding that anxiety and depression commonly occur together, that they are largely the result of brain dysfunction, and that there are seven different types of anxiety/depressive disorders, with a number of effective treatment approaches for each type. The seven disorder types the authors describe are:^{*} Pure Anxiety^{*} Pure Depression^{*} Mixed Anxiety and Depression^{*} Overfocused Anxiety/Depression^{*} Cyclic Anxiety/Depression^{*} Temporal Lobe Anxiety/Depression^{*} Unfocused Anxiety/DepressionThe book explores each disorder type in detail, including illustrating the brain functioning patterns the authors have found associated with each, based on their work with Single Photon Emission Computed Tomography (SPECT) scans.

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Healing Anxiety and Depression: Based on Cutting-Edge Brain Imaging Science Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Performance Anxiety Cure:

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