



Unstuck: Your Guide to the Seven-Stage Journey Out of Depression

By James S. Gordon M.D.

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Despite the billions spent on prescription anti-depressant drugs and psychotherapy, people everywhere continue to grapple with depression. James Gordon, one of the nation's most respected psychiatrists, now offers a practical and effective way to get unstuck. Drawing on forty years of pioneering work, *Unstuck* is Gordon's seven-stage program for relief through food and nutritional supplements; Chinese medicine; movement, exercise, and dance; psychotherapy, meditation, and guided imagery; and spiritual practice. The result is a remarkable guide that puts the power to change in the hands of those ready to say "no" to suffering and drugs and "yes" to hope and happiness.

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Bibliography

- Sales Rank: #76610 in Books
- Brand: Unknown
- Published on: 2009-05-26
- Released on: 2009-05-26
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .99" w x 5.45" l, .80 pounds
- Binding: Paperback
- 448 pages

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Deborah Mazzearella:

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