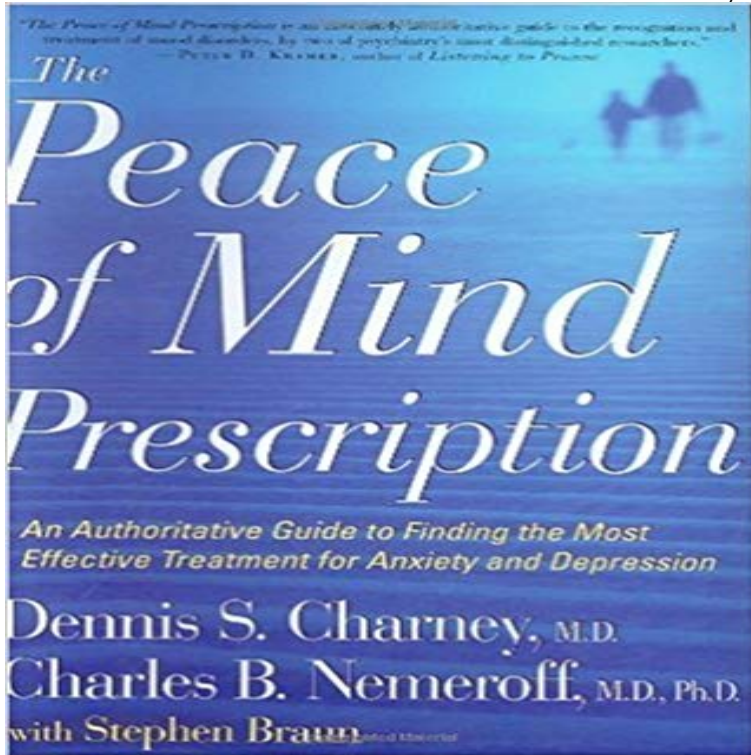


The Peace of Mind Prescription: An Authoritative Guide to Finding the Most Effective Treatment for Anxiety and Depression



Anxiety and depression rank among the most serious medical disorders today. According to the World Health Organization, depression causes more disabilities than any other condition. Yet 80 percent of the 38 million Americans suffering from anxiety and depression receive inadequate treatment. Inspired by their work with patients and patient-advocacy groups, the psychiatrists Dennis S. Charney and Charles B. Nemeroff are on a mission to help everyone get the best treatment available. Stressing that any treatment must be tailored to the individual, *The Peace of Mind Prescription* details the full array of medically approved drugs and therapies, highlights the latest breakthroughs, and explores future possibilities. It advocates treating most adults with a combination of psychotherapy and medication and confirms the link between serious anxiety and depression and physical diseases. The authors examine the controversial question of treating children with medication, and they provide vital information specific to both sexes and all ages. *The Peace of Mind Prescription* arms readers with resources to assess claims made for both mainstream and alternative treatments. It features inspiring stories of patients who have overcome their anxiety and depression disorders. Fresh, authoritative, and empowering, this book is a prescription that can aid everyone in need.

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