



GPRX for Depression and Anxiety (Great Physician's Rx Series)

Jordan Rubin, Joseph Brasco

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A total lifestyle program for the health of the spirit, mind, and body.

According to the latest government statistics, around 19 million Americans suffer from clinical depression. Depression and anxiety affect your thoughts, moods, feelings, behavior, sleep, eating habits, career, sex life, and relationships with your family and friends. Why are so many people depressed and anxious about the present or the future?

The yoke around our necks these days is our complicated, hyper-speed, shop-until-we-drop, always-on-the-go lives. Too many physicians, when facing a patient complaining about feeling depressed, reach for their prescription pads to solve the problem. Instead, this total lifestyle program for the health of the body, mind, and spirit is more comprehensive than a prescription for antidepressants. This plan is based on the Seven Keys to unlock your God-given health potential from *The Great Physician's Rx for Health and Wellness* but targeted specifically for depression and anxiety.

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