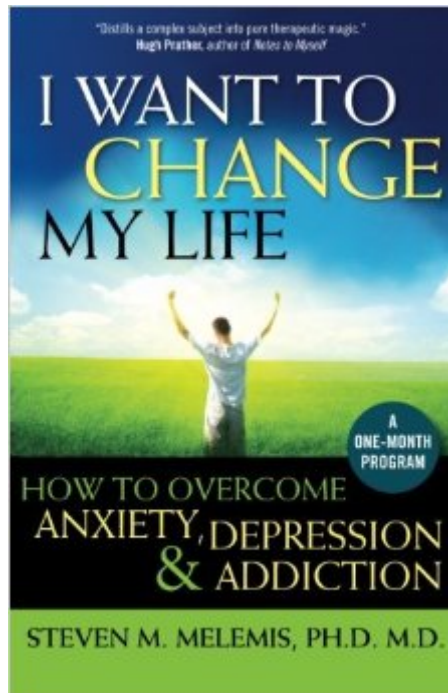


The book was found

I Want To Change My Life: How To Overcome Anxiety, Depression And Addiction



Synopsis

The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment, and relapse prevention strategies that will change your life. Learn new coping skills such as cognitive therapy, stress management, and mindfulness along with step-by-step instructions on how to use them. The book includes numerous exercises and a one-month program to help you get started. Dr. Melemis is a leading authority in addiction and mood disorders who has helped thousands of people improve their lives. For more information refer to IWantToChangeMyLife.org.

Book Information

Paperback: 276 pages

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Product Dimensions: 5.5 x 0.7 x 8.5 inches

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (102 customer reviews)

Best Sellers Rank: #6,621 in Books (See Top 100 in Books) #15 inÂ Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #17 inÂ Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #24 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

This book breaks down why we feel the way we do into basic and fundamental reasons, in an easy to read and follow way. I have found it to be a comfort to read as it seems as though it's been written JUST for me. Understanding why I feel the way I do, I'm in a much better position to identify and avoid those things that cause me to feel negatively. Also, the book offers direction on how to handle yourself when you get to a low point. These coping skills are priceless and the simple knowledge that I have a plan makes me feel better. I would very highly recommend this book to anyone... not just people suffering from Anxiety, Depression and Addiction... There are some great life lessons in here that, without this book, most of us would have to learn the hard way. I have returned to this book many times since my first read and will continue to do so. If you're feeling ready to take control of your life and learn to laugh and smile again, this book will teach you how.

I can't think of a phrase so frequently used as "I Want to Change My Life". While the usual answer is almost always "Easier said than done!", what's great about Dr. Melemis's new book is that it truly provides us with a 360-degrees roadmap with clear and concise directions on how we can do it. Dr. Melemis cleverly combines the mental, spiritual and physical dimensions to how change can be implemented in very practical ways. It's not a book you'll read once, but rather one that you'll keep referring to again and again.

I work in the addiction field, and have been looking for a book that simplifies the issues, and provides an action plan for change. This is it. It covers everything and explains it, too. It is incredible.

I was assigned this book for a psych class and loved it. While I found that the prescription for daily meditation might not be completely reasonable for my lifestyle I think that he does a great job of taking away the "hocus pocus" of meditation. The points about negative thinking were also life changing!

I am in recovery and this book gives me a lot of great ideas and inspires me daily to keep getting better every day. Recommend for anyone with substance abuse issue, anxiety, depression.

Dr. Melemis has written a book that provides excellent tools to deal with issues such as stress, depression and addiction. He provides a variety of techniques in the areas of stress management and relaxation that are easy to follow. His book is straightforward, easy to understand and motivational. Anyone can benefit!

I suffer from anxiety but not depression. Sometimes it is very difficult for me to get centered and calm and peaceful. I like reading this book at night because it puts things in to perspective and allows me to get back in balance and have a great night's sleep and look forward to a great next day.

I bought this book for my husband who has suffered from anxiety, depression and addiction for many years. He is still reading the book but tells me that he is finding it full of common sense and reassurance.

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