



Unleashed: Transforming My Battle with Depression (Paperback)

By Sandra Jain Ma Psyd Lpc

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Taking medication for anxiety and/or mood disorders is a very personal decision. As a practicing psychotherapist and psychiatrist, Sandra Jain, MA, PsyD, LPC and Rakesh Jain, MD, MPH frequently help their patients deal with these tough decisions. They have created a book of positive affirmations to assist those confronting this topic. The introduction includes a riveting personal story of a client who read the book, remembered her days of feeling shackled by depression, smiled and said, UNLEASHED! Once I began taking anti-depressants my life was transformed. The affirmations in this book provide a source of support and encouragement to anyone making a decision regarding taking a medication for anxiety or mood difficulties.



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