



Heal Your Brain: How the New Neuropsychiatry Can Help You Go from Better to Well

By David J. Hellerstein

Johns Hopkins University Press. Hardback. Book Condition: new. BRAND NEW, Heal Your Brain: How the New Neuropsychiatry Can Help You Go from Better to Well, David J. Hellerstein, Maybe you are one of the more than 45 million people in the United States who is currently struggling with depression. Maybe anxiety keeps you from truly enjoying your job, your relationships, your life. Maybe every change you have tried to make seems to have failed and you are beginning to feel as if change is simply not possible. Author David J. Hellerstein uses the term New Neuropsychiatry to refer to a dramatically different approach to help people who have depression and anxiety disorders. Unlike Old Psychiatry, which often focused on early life issues, the New Neuropsychiatry focuses on improving present-day life and on achieving long-term remission of symptoms. Heal Your Brain combines the advances of neuroscience and medicine with the art of the storyteller to show how the New Neuropsychiatry can alter the course of your life. Dr. Hellerstein, a psychiatrist at Columbia University's College of Physicians and Surgeons, puts this new form of psychiatry to the test. Depression and anxiety disorders damage the brain, but as Dr. Hellerstein explains, the...

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