

BEATING STRESS, ANXIETY & DEPRESSION

GROUNDBREAKING WAYS TO HELP YOU FEEL BETTER

PROFESSOR JANE PLANT AND JANET STEPHENSON

Foreword by distinguished consultant physician Stephen Holgate

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FOREWORD BY PROFESSOR STEPHEN HOLGATE

Amid controversy over the effectiveness of anti-depressants for treating depression comes this timely and groundbreaking book for the many millions of people who suffer from stress, anxiety or depression. With practical advice based on the very latest medical and scientific evidence, it will not only help sufferers – and their families – understand their condition better but it will empower them to take control of their health and seek the very best possible treatment.

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