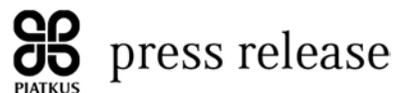


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BEATING STRESS, ANXIETY & DEPRESSION

GROUNDBREAKING WAYS TO HELP YOU FEEL BETTER

BY PROFESSOR JANE PLANT and JANET STEPHENSON



Foreword by distinguished consultant physician, **Stephen Holgate**

In the midst of a national debate as to whether pharmaceutical drugs are any better than placebos for the treatment of depression, Professor Jane Plant and Janet Stephenson have come up with an inspired book that tackles the problems of stress, anxiety and depression in real and practical terms.

This groundbreaking new book from Professor Jane Plant and Janet Stephenson explains clearly why pharmaceutical drugs are manifestly failing to serve many sufferers of depression and are in some cases proving even more dangerous than the core problem. Clearly and sensibly, the authors explain the clinical source of the problems of stress, anxiety and depression. The main thrust of the book, however, is the practical solutions that can be used to beat these challenges and to this effect Plant and Stephenson offer an inspired programme of self-treatment that readers can adopt for themselves.

Both former sufferers of chronic anxiety disorder and depression Jane Plant and Janet Stephenson sympathetically and authoritatively explain the physiological causes of these all too common ailments. They identify ten lifestyle factors that that can dramatically reduce anxiety and depression, and also propose '10 Food Factors' that will correspondingly improve mental well-being. They go on to explain all the main mood disorders that can affect people, pointing out what can go amiss with the brain-mind-body system when we suffer from stress, anxiety and depression, and how they can be dealt with.

Beating Stress, Anxiety and Depression (Piatkus, £12.99) is an essential and empowering book for sufferers and their families and gives the reader the latest findings on medications commonly used and misused to treat the epidemic that is sweeping the Western world.



JANE PLANT

Professor Jane Plant wrote the international bestseller *Your Life in Your Hands*, which describes how she overcame breast cancer. She is Professor of Environmental Geochemistry at Imperial College, London and has been awarded a CBE for services to earth sciences. **Janet Stephenson** is a therapist and has been part of a hospital specialist team tackling drug and alcohol addiction for 10 years.



JANET STEPHENSON

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