



# **The Peace of Mind Prescription: An Authoritative Guide to Finding the Most Effective Treatment for Anxiety and Depression**

*Dennis Charney, Charles Nemeroff*

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The Ultimate Guide to Identifying, Treating, and Overcoming Depression and Anxiety

Two world-renowned psychiatrists have created a comprehensive and empowering guide to the science and treatment of anxiety and depression. At the heart of their message is the idea that treatment can and must be tailored to the individual and that armed with the right information, patients can get the support they need from their health-care providers.

Practical and authoritative, The Peace of Mind Prescription has been unanimously praised as a valuable resource that offers hope to millions of sufferers.

Dennis S. Charney, M.D., is the Dean of Research and the Anne and Joel Ehrenkranz Professor in the departments of psychiatry, neuroscience, and pharmacology and biochemistry at the Mount Sinai School of Medicine.

Charles B. Nemeroff, M.D., Ph.D., is the Reunette W. Harris Professor and chairman of the department of psychiatry and behavioral sciences at Emory University's School of Medicine.

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Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled The Peace of Mind Prescription: An Authoritative Guide to Finding the Most Effective Treatment for Anxiety and Depression can be good book to read. May be it is usually best activity to you.

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