



The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy

David Servan-Schreiber

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Millions of Americans try drugs or talk therapy to relieve depression and anxiety, but recent scientific studies prove certain alternative treatments can work as well or better-often bringing on a cure.

In the extraordinary international bestseller *The Instinct to Heal*, award-winning psychiatrist and neuroscientist David Servan-Schreiber, M.D., Ph.D., presents seven natural approaches, each with proven results, that together form a treatment plan that builds on the body's relationship to the brain, yielding faster, more dramatic, and permanent changes. People who want to leave suffering behind now can live joyful, happy lives.

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