



Unstuck: Your Guide to the Seven-Stage Journey Out of Depression

James S. Gordon M.D.

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Despite the billions spent on prescription anti-depressant drugs and psychotherapy, people everywhere continue to grapple with depression. James Gordon, one of the nation's most respected psychiatrists, now offers a practical and effective way to get unstuck. Drawing on forty years of pioneering work, *Unstuck* is Gordon's seven-stage program for relief through food and nutritional supplements; Chinese medicine; movement, exercise, and dance; psychotherapy, meditation, and guided imagery; and spiritual practice. The result is a remarkable guide that puts the power to change in the hands of those ready to say "no" to suffering and drugs and "yes" to hope and happiness.

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