



How Come They're Happy and I'm Not?: The Complete Natural Program for Healing Depression for Good

Peter Bongiorno

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Millions of people suffer debilitating depression. For many people who suffer from depression and anxiety, prescription drugs have either not been effective or have produced intolerable side effects. Now, New York naturopathic doctor and acupuncturist Peter Bongiorno offers a proven drug-free approach for healing depression.

In *How Come They're Happy and I'm Not?* Dr. Bongiorno explains that depression and chronic low moods often have roots in physical ailments: inflammation, digestive problems, poor nutrient absorption, disease. Depression can also be brought on by spiritual concerns, life events, or simply insufficient resources in dealing with day-to-day stress.

Bongiorno's integrative, natural approach to healing, which he has used successfully with his own patients, features a personalized approach: working with one's doctor to help identify underlying causes with blood tests and recommendations for dietary changes, botanical medicines, yoga, massage, and acupuncture points, to tailor a treatment plan based on an individual's particular symptoms and circumstances.

How Come They're Happy and I'm Not? offers a safe alternative to drugs for treatment of depression as well as a way to safely wean oneself off medication without relapsing or side-effects.

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Daisy Richardson:

Often the book How Come They're Happy and I'm Not?: The Complete Natural Program for Healing Depression for Good has a lot of knowledge on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. Tom makes some research previous to write this book. This particular book very easy to read you will get the point easily after looking over this book.

Richard Perkins:

The reason why? Because this How Come They're Happy and I'm Not?: The Complete Natural Program for Healing Depression for Good is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book adjacent to it was fantastic author who else write the book in such awesome way makes the content interior easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book have such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

Curt Stewart:

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