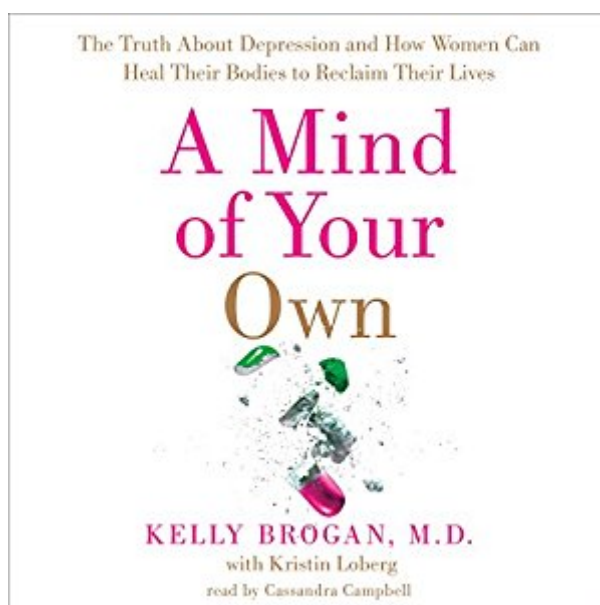


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# A Mind Of Your Own: The Truth About Depression And How Women Can Heal Their Bodies To Reclaim Their Lives



## Synopsis

Depression is not a disease. It is a symptom. Recent years have seen a shocking increase in antidepressant use the world over, with one in four women starting her day with medication. These drugs have steadily become the panacea for everything from grief, irritability, and panic attacks to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body. In this groundbreaking science-based and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: It is not simply a chemical imbalance but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance - from blood sugar to gut health to thyroid function - and inflammation is at the root. A Mind of Your Own offers an achievable, step-by-step 30-day action plan - including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques - women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription. Bold, brave, and revolutionary, A Mind of Your Own takes listeners on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

## Book Information

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## Customer Reviews

I was fortunate to get an advanced copy of this wonderful book. Dr. Brogan is truly a crusader in this arena. She maps out real actionable steps to take in diet and lifestyle to defeat depression without drugs. Was was most impactful from my point of view, are the alarming statistics on medication use coupled with the severe problem of side effects. No one else is talking about this threat. If you suffer from or know someone suffering from depression, read and share this book. You might just save a life.

I read the reviews before buying this book, so I knew it was going to be very opinionated but still bought it hoping that I could still take some valuable knowledge away and leave what I didn't agree with. Was there some useful information in here? Yes. But I have a PhD in psychology so I'm informed enough about the medical literature to know when to take her advice and when to leave it. Unfortunately, I worry that many people reading the book that don't know much information about the field or that don't know much about how to interpret a scientific study could be very misguided by this book and end up in much worse situation than they were already in. The author is just as guilty of manipulating data as the pharmaceutical companies that she spends a large portion of the book ranting about. Some of the things she says are well validated - that inflammation plays a role in depression, that exercise and meditation are well documented interventions, and that certain nutritional deficiencies can play a role in mood. But there were many instances when it was clear that her own opinion was influencing her recommendations rather than the bulk (or any) of the scientific literature. She is far too extremist in recommending virtually no drugs (not just psychiatric ones, ANY drugs), and does not even acknowledge that there are any other "root causes" of depression besides nutritional deficiency and inflammation. Do these things play a role? Most definitely. But her book is very one sided, and deliberately so as it is obvious she wants to push her own agenda. This left me with the uneasy feeling that I couldn't really take anything she said at face value and had to go do my own research on virtually every new piece of information she introduced - so not much better of a position than if I had just gone onto pubmed and haphazardly searched for papers myself. I lost count of the number of times I rolled my eyes when she made a statement that was completely biased and not based in research. For example, saying that there is absolutely no role of brain neurotransmitters in depression and that virtually no studies have documented this. What about all of the studies showing that acute tryptophan depletion induce depression in healthy controls? She claims that she wants patients to just have informed consent and be aware of all the facts, yet blatantly disregards or distorts anything that doesn't support her own position. I'm not saying everything she said was invalid, just that nothing she writes should be taken at face value

without doing additional research of your own. Oh and by the way, she didn't even have depression at any point, she had hypothyroidism. So I guess that explains why she would delusionally suggest that people with chronic suicidality could be fixed with food alone. Food is not unimportant, but it is one piece to a massive puzzle in mental health.

Waited with much anticipation for the release of this book by Dr. Kelly Brogan. This book identifies the complexity behind why and how depressive symptoms develop and begin to encroach on a person's life. Dr. Brogan examines the connection between lifestyle choices, clinical nutrition or the lack of it, unresolved emotions, digestive issues, and other factors play a role in mental fitness. *A Mind of Your Own* offers a perspective that explores the potential for wellness and emotional recovery beyond just a series of prescriptions. Dr. Brogan challenges the common notion of serotonin as the chief cause of depression and discusses how non-medicinal remedies can be part of a holistic self-care plan to minimize side effects. After years of "listening to Prozac or Paxil or Xanax or Seroquel, etc" maybe a mind-body or integrative voice is worth listening to. Having known people who initially felt better on SSRIs yet had complicated and unpleasant long-term side-effects, "*A Mind of Your Own*" offers another vantage point to cultivate wellness.

... that joyful engagement is your rightful inheritance. But women are not getting access to the information we need to understand why we're feeling so darn bad. It's not a mystery. You're not broken. Nature does nothing in vain. Depression is a symptom and a clue. It's a starting point. There are many things to investigate before anti-depressants. Psych meds should never be a first line treatment after a 60 second intake. You deserve better. Put this book into your hot little hands, pour a cup of tea, exhale, and read. If you think that depression feels so awful, the solution must be serious medicine, then you *will* be right. This book contains a serious gameplan that *is* evidence-based and field-tested. It requires commitment (keep up!), faith (no second guessing!), preparation (do it!), and love (yourself!). One in 5 adults suffers from a mental illness each year, 49% report having had a 'major stressful event' in the last year, and 1 in 4 women starts her day with antidepressants. Americans represent 5% of the world's population and consume over 50% of all pharmaceutical drugs. If you are on meds, thinking about going on meds, struggling, or love someone is, what do you have to lose? It doesn't claim to help everyone 100% of the time. But most people will be amazed.

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