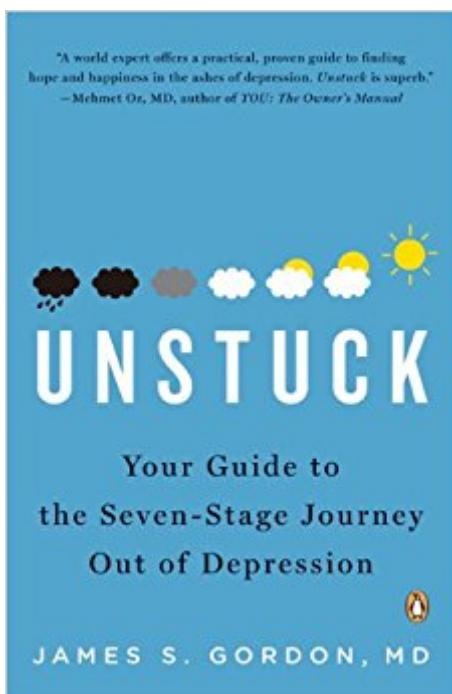


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# Unstuck: Your Guide To The Seven-Stage Journey Out Of Depression



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

"A practical, proven guide . . . Superb." -Mehmet Oz, M.D., author of the *YOU* guides" Extraordinary. . . . Both therapist and patient will benefit hugely from reading this book." -Deepak Chopra " Exactly what this over-medicated country needs right now." -Christine Northrup, M.D., author of *The Wisdom of Menopause* " *Unstuck* is truly remarkable. . . . In this warm, practical, and user- friendly book, Dr. Gordon takes great care to remind us how much power we have to change our own lives." -Dean Ornish, M.D., author of *The Spectrum* " If you want to find out the real causes of depression and how to cure them, read this book." -Mark Hyman, M.D., New York Times bestselling author of *UltraMetabolism* " Addresses the physical, emotional, and spiritual dimensions of the problem, not just a possible chemical imbalance in the brain. I heartily recommend this book to anyone who feels stuck." -Andrew Weil, M.D., author of *Healthy Aging* and *Eight Weeks to Optimum Health*

James S. Gordon, M.D., is the Founder and Director of The Center for Mind-Body and a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown University. He lives in Washington, D.C.

This book, written by a man, James S. Gordon, M.D., who REALLY understands Depression and who articulates it so accurately and so very eloquently, will, believe it or not, help to bring light into those dark places where the sun never shines when one is Clinically Depressed. Dr. Gordon has clearly experienced the horrible reality that people who are the subjects of this dread disorder live in on a daily basis. His non-pharmaceutical approach to treatment is a welcome relief from mainstream medicine's "take a pill, and hope for only a few side effects" approach. Here is a well thought out, practical, approach to the treatment of Depression that leaves the person who has been treated in a strengthened, drug-free state, armed with techniques that, if applied conscientiously, can help avoid becoming depressed in the future, and will also supply devices to help deal with Depression if indeed one does fall prey to its evil influence again. Thank you, Dr. Gordon, for writing this excellent book, it will help many, many people!

item as expected

This amazing book brings together Jim Gordon's life-long work in a very readable way. Not only good for people with depression, this book presents research and explanation, as well as techniques for shaking oneself out of a rut of continual stress and becoming happier and more fulfilled and empowered to find a balance in life. It's just excellent and I highly recommend it

Upon recommendation by a friend who is a physician, I ordered UNSTUCK. A very lively read and fun!!! My spouse read it afterwards and agreed. Not only does this book offer fundamentally sound background, it offers unique drills to push you out of your moods. Also had the opportunity to attend a talk given by Dr. Gordon who demonstrated some of his unique techniques. A lovely man who genuinely cares for his patients and for people in general. This is a book for teens, too. I highly recommend UNSTUCK.

Awesome book. Love the whole philosophy behind the teachings of Dr. Gordon. Easy read, practical advice, excellent explanations. I gave a copy to my doctor because I enjoyed it so much.

This book gave me tremendous amounts of hope. The way the topics and issues were described and broken down felt approachable. It felt like the author truly understood.

This was recommended to me by a doctor, and it is a great book. A friend borrowed it, shared it with her daughter, who also liked it, and that is the last I have seen of it. I downloaded it to my computer, but I gave that computer to my friend, so eventually, I'll buy it again, and hold on tight to it.

this is a good book with simple easy to follow directions for overcoming depression. but, what type of depression? as my review title says, this book is good for those suffering mild to moderate depression. not saying his ideas are not useful for serious depression, but those (like me) with severe depression may not find this book as useful in our recovery.the author mentions he suffered from depression himself. i do not disagree with this. what i question is the depth of his depression.those of us suffering from severe depression might just not be able to be helped by a book like this early in our severe depression. for me, reading stories of people who overcame debilitating depression i think help me more at this point. then, i can come back to this type of book and incorporate the strategies suggested.

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