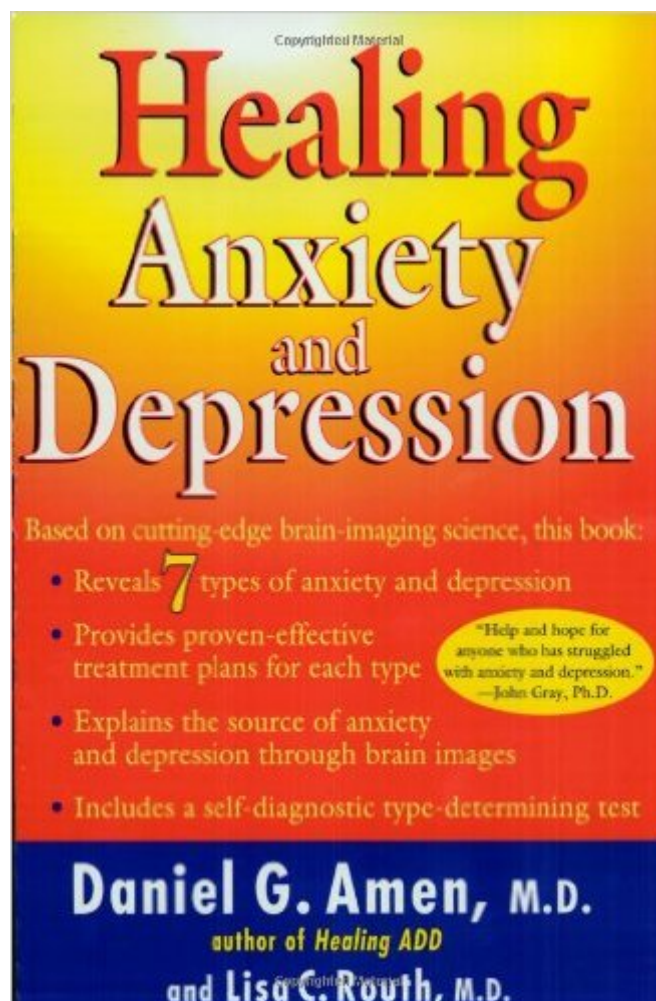


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# Healing Anxiety And Depression: Based On Cutting-Edge Brain Imaging Science



## Synopsis

Dr. Daniel Amen-a pioneer in uncovering the connections between the brain and behavior-presents his revolutionary approach to treating anxiety and depressive disorders. *Healing Anxiety and Depression* reveals the major anxiety and depression centers of the brain, offers guidelines and diagnostic tools to determine the specific type of anxiety and depression, and provides a comprehensive program for treating each type. Based on new brain science-and featuring treatment plans that include medication, diet, supplements, exercise, and social and therapeutic support-this groundbreaking book will help readers conquer these potentially devastating disorders and change the way they think about anxiety and depression.

## Book Information

Paperback: 352 pages

Publisher: Berkley; Reprint edition (December 7, 2004)

Language: English

ISBN-10: 0425198448

ISBN-13: 978-0425198445

Product Dimensions: 5.9 x 0.9 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (132 customer reviews)

Best Sellers Rank: #16,982 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #31 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #2373 in [Books > Self-Help](#)

## Customer Reviews

Many books are one-sided arguments for the causes of depression and anxiety. According to these biased books, depression stems from: Past child abuse and other negative environment factors Holding your body in a depressing way - bent down, frowning, etc. Medical causes Poor diet, lack of exercise Isolation Fill in the blank But this book is different. *Healing Anxiety and Depression* is a refreshing book, for it takes all of the above factors and mixes it into a complete approach to the causes and treatment of anxiety and depression. Moreover, Daniel Amen, M.D. and his co-author, Lisa C. Routh, M.D. have pioneered the use of a brain imaging technology known as SPECT: Single Photon Emission Computed Tomography. This interesting brain scanning method is different than other methods because it allows one to see how certain parts of the brain interact to cause these debilitating conditions. Other methods of brain imaging only give a surface view of the brain - which

is of very little use for psychiatry. The authors also touch upon how these areas of the brain cause insomnia, suicide and violence as well. They also point out the different causes of anxiety and depression between the genders. They convincingly describe gender differences from social, psychological, and biological perspectives. In short: they give you the full picture on depression from every possible angle - literally. In between the pages, interspersed among case histories, personal stories, and scientific explanations, you will find actual pictures of the five areas of the brain they have focused on via SPECT technology: 1.) Basal Ganglia 2.) Deep Limbic System 3.) Anterior Cingulate Gyrus 4.) Temporal Lobes 5.)

Healing Anxiety and Depression is an easy-to-read book that shines a spotlight on anxiety and depressive disorders from the perspective of brain functioning, as opposed to the traditional diagnostic approach based primarily on symptom clusters. In this book, Dr. Amen and Dr. Routh clearly explain the following five major interconnected brain circuits that underlie most of these disorders: \* basal ganglia-sets the body's idling level\* deep limbic system-sets the mind's feeling tone\* anterior cingulated gyrus-helps shift attention\* temporal lobes-helps mood stability, temper control, and memory\* prefrontal cortex-helps with decision making, attention span, judgment, and impulse control The authors describe in detail the functions associated with each of these brain components, as well as the common difficulties that arise when that particular part of the brain is not functioning well. They proceed to propose a new way of approaching treatment for anxiety and depression, based on their finding that anxiety and depression commonly occur together, that they are largely the result of brain dysfunction, and that there are seven different types of anxiety/depressive disorders, with a number of effective treatment approaches for each type. The seven disorder types the authors describe are: \* Pure Anxiety\* Pure Depression\* Mixed Anxiety and Depression\* Overfocused Anxiety/Depression\* Cyclic Anxiety/Depression\* Temporal Lobe Anxiety/Depression\* Unfocused Anxiety/Depression The book explores each disorder type in detail, including illustrating the brain functioning patterns the authors have found associated with each, based on their work with Single Photon Emission Computed Tomography (SPECT) scans.

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Healing Anxiety and Depression: Based on Cutting-Edge Brain Imaging Science Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Performance Anxiety Cure:

How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Evidence-Based CBT for Anxiety and Depression in Children and Adolescents: A Competencies Based Approach Galaxy S6: The Complete Galaxy S6 & S6 Edge User Guide - Learn How To Get The Most Out Of Your Samsung Galaxy S6 And S6 Edge, Plus 22 Helpful Tips and Tricks! (S6 Edge, Android, Smartphone) Galaxy S7 & S7 Edge: The Complete Galaxy S7 & S7 Edge User Manual - How to Start Using Your Galaxy S7, Plus Advanced Tips & Tricks And Amazing Galaxy S7 Features! (S7 Edge, Android, Smartphone) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) ALZHEIMER'S TREATMENTS THAT ACTUALLY WORKED IN SMALL STUDIES! (BASED ON NEW, CUTTING-EDGE, CORRECT THEORY!) THAT WILL NEVER BE TESTED & YOU WILL NEVER HEAR ABOUT FROM YOUR MD OR BIG PHARMA ! Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety