



When Going Through Hell... Don't Stop! A Survivor's Guide to Overcoming Anxiety and Clinical Depression

Douglas G. Bloch

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When Going Through Hell...Don't Stop! A Survivor's Guide to Overcoming Anxiety and Clinical Depression--which describes the dramatic story of author and counselor Douglas Bloch's battle with, and ultimate recovery from, a life-threatening depressive illness. Although the managed care mental health system failed to provide him with adequate treatment, Mr. Bloch devised "a daily survival plan for living in hell" which he adopted until the power of spirit, acting through a group of committed, loving people, brought about his recovery.

In addition to his compelling story, Mr. Bloch outlines a fourteen point "brain maintenance" program--a holistic approach to the treatment of anxiety and depression that includes: diet; nutrition; exercise; stress-reduction; medication; vitamin, mineral, and herbal supplements; and the importance of creating strong bonds of social support (social isolation is both a cause of and a consequence of depression).

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