



Healing Anxiety and Depression: Based on Cutting-Edge Brain Imaging Science

By Daniel G. Amen M.D., Lisa C. Routh

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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.

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Editorial Review

Review

"Help and hope for anyone who has struggled with anxiety and depression."

About the Author

Daniel G. Amen, M.D., is a clinical neuroscientist, a psychiatrist, and the director of clinics in California, Washington state, and Virginia. In addition to operating a private practice, he is an assistant clinical professor of psychiatry and human behavior at the University of California, Irvine, College of Medicine. He is the author of **Healing ADD, Healing Anxiety and Depression**, and **Change Your Brain, Change Your Life**.

Lisa C. Routh, M.D., is a neuropsychiatrist with special training in neurology, general psychiatry, child psychiatry, and functional brain imaging. She lives in Houston, Texas.

From [AudioFile](#)

An articulate psychiatrist and neuroscience researcher uses brain imaging to group anxiety and depressive disorders into seven clusters, all which "light up" specific parts of the brain when certain conditions or patient mind-states are created. The dry nature of this material is offset by the authors' compassion for their patients and the effort they have put into making their findings useful. With familiar case vignettes, they describe how patients respond to traditional therapy and medication, as well as to a host of alternatives, such as herbs, nutrients, and various other interventions. A well-done audio and an important starting point for lives that are less than they could be because of chronic depression, mood instability, and anxiety. T.W. © AudioFile 2004, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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