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TAKE CHARGE OF YOUR MENTAL HEALTH

The book forcefully pushes aside the dark clouds of the current, highly questionable and often harmful approach to mental health, revealing instead a genuinely hopeful and proven way of tackling psychological difficulties.

It directly challenges the unwarranted and negative effects of medicalising and labelling ordinary (albeit very challenging) human experience as 'mental disorder', and the misuse of psychiatric drugs. At best psychiatric drugs do little more than relieve symptoms, rather than address underlying issues – issues which can be successfully resolved.

Take antidepressants as an example. Despite the escalating rate of prescribing these drugs (which, for the majority of people have no benefit beyond that of placebo) the mental health of communities, rather than improving, appears to have actually worsened.

The fact is, the current approach to mental health is not-only misguided – falling far short of good science or good medicine, if its track record is anything to go by – it is also a miserable failure, leaving countless millions of people as dependent patients instead of restoring them to independent psychological wellbeing. This book offers a fresh start and a new beginning to countless people who have become unwittingly caught up in a mental health system that has sadly lost its way.

Contact us for pricing on a print run to suit your needs. Our bulk printing offers the opportunity to place your logo and branding on the front cover and we have a space where your personalised foreword can be placed.

The book is available to be purchased as singular copies for the cost of \$29.95 both [here](#) and via the website of our publishing partner [Peacock Publications](#).

