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# Banish The Blues NOW



## Synopsis

Banish the Blues NOW addresses HEALING DEPRESSION WITHOUT DRUGS using NATURAL HEALING remedies. Did you know that the Centers for Disease Control and Prevention reports that 11 percent of all Americans over the age of 12 take antidepressants? Women are more likely than men to take these drugs at every level of severity of depression. Non-Hispanic white persons are more likely to take antidepressants than are non-Hispanic black and Mexican-American persons. Of those taking antidepressants, 60 percent have taken them for more than 2 years, and 14 percent have taken the drugs for more than 10 years. About 8 percent of persons aged 12 and over with no current depressive symptoms took antidepressant medication. Despite the widespread acceptance of natural healing methods, from 1988-1994 through 2005-2008, the rate of antidepressant use in the United States among all ages increased nearly 400 percent. It is my prayer that my new book will be of service in teaching you how to heal depression without drugs, banishing your blues FOR GOOD! FOREWARD By Abram Hoffer, M.D., Ph.D., FRCP(C) Editor, The Journal of Orthomolecular Medicine

## Book Information

Paperback: 207 pages

Publisher: Unlimited Energy Inc. (September 1, 2015)

Language: English

ISBN-10: 0989450600

ISBN-13: 978-0989450607

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (6 customer reviews)

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## Customer Reviews

Catherine Carrigan has done it again! In her latest book Banish the Blues NOW, she discusses how the stresses of life can break down the body and the mind and cause us to experience bouts of depression. She walks the reader through the mishaps only to build us up again by giving a list of helpful vitamins. She tells us what each one does for certain parts of the body as they strengthen or

rebuild. She gives a detailed recipe to a healthy recovery by reminding us of the basics such as good nutrition, rest, walking and exercise, calm, meditation and a host of other wonderful antidotes. Get this helpful guide and the extended list of books in the back can assist those who really serious about getting back to their pristine states.

This a must-read. An eye-opening book! Unbiased to any affiliation, it is no doubt written from a thorough research and life experience in regards to depression. But it is so enriched with crucial health information regardless of any illness that it is a blessing for all audience. This book is a gem!

I am the first to congratulate anyone who can turn their health and wellbeing around using natural healing, so I was excited to read Banish the Blues, by an author who has lived through depression and been clear of medication for 22 years. The author knows her subject matter and has taken great care and attention to detail when collating the information and advice for this book. Banish the Blues, is set out as five "books" divided into short chapters. In the introduction, Carrigan explains her personal story and the journey to recovery that she began many years ago. It is written from the heart, and anyone who has been touched by depression will be able to resonate with her words. The advice from the author is straight forward and clearly laid out. I did like the section about flower essences and will look into this more for my own health and wellbeing. There is a lengthy (23 pages) bibliography at the back of the book as an abundant resource for further reading. Unfortunately, it felt more like a directory than a self-help book, and I would have liked the author to have gone much deeper into each area. She began with her personal journey, and I was hoping for more of an explanation of her specific experience and how she transferred her lessons to real-life events. The endless pages of symptom lists became slightly monotonous for me. Although there is plenty of useful information for the reader to take away from this title, it didn't quite deliver what I had hoped for. I gave Banish the Blues a rating of 3 out of 5 stars. I received a copy of this book in exchange for an honest review via Rosie's Book Review Team #RBRT

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