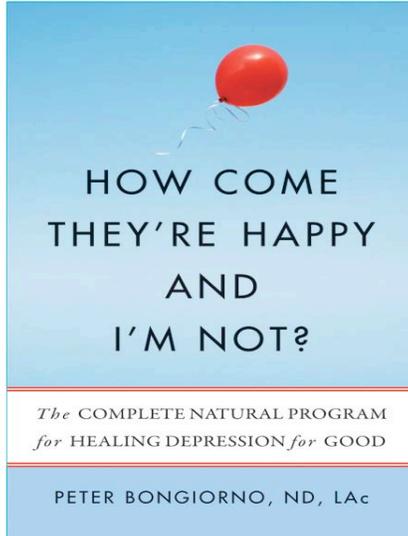




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How Come They're Happy and I'm Not?

The Complete Natural Medicine Program for Healing Depression for Good

Peter Bongiorno, ND, LAc

Book Description:

A new drug-free approach for millions suffering from depression

For millions who suffer from depression, prescription drugs have not been effective or have produced intolerable side effects. Now, New York naturopathic doctor and acupuncturist Peter Bongiorno offers a proven drug-free approach for healing depression.

In *How Come They're Happy and I'm Not?*, Dr. Bongiorno explains that depression and chronic low moods often have roots in physical ailments: inflammation, digestive problems, poor nutrient absorption, disease. Spiritual concerns, life events, or simply insufficient resources in dealing with day-to-day stress can also bring them on.

Bongiorno's integrative, natural approach to healing, which he has used successfully with his own patients, features a personalized approach: working with one's doctor to help identify underlying causes with blood tests and recommendations for dietary changes, botanical medicines, yoga, massage, and acupuncture points, to tailor a treatment plan based on an individual's particular symptoms and circumstances.

How Come They're Happy and I'm Not? shows readers a safe alternative to drugs for treatment of depression as well as a way to safely wean oneself off medication without relapsing.

Key Selling Points:

- Highly esteemed doctor of natural medicine associated with NYU, Mt. Sinai Hospital, Yale University, and the NIH.
- Integrative approach to combating depression includes how to wean yourself off antidepressants and anti-anxiety medications safely.
- NOT EVERYONE responds well to pharmaceutical treatments, which also only treat the symptoms of depression and not its causes. This book addresses causes and natural remedies that work **quickly**.

Author Sales Track:

Contributor to *The Textbook of Natural Medicine*, and *The Biology of Depression* and Dr. Michael Murray's *Encyclopedia of Healing Foods*

Comp Titles (Bookscan):

Weil, Andrew, *Spontaneous Happiness*, Little Brown, 2011 (9780316129442, \$27.95 hc) 50,000

Kathleen Desmaisons, *Potatoes Not Prozac*, S&S, 1999, 2008 (9781416556152, \$15.00, pb) 90,000

Amen, Daniel, *Healing Anxiety and Depression, Berkely*, 2004 (9780425198445, \$15.95, pb) 38,000

About the Author:



Dr. Peter Bongiorno is a licensed naturopathic doctor and acupuncturist with offices in NYC and Long Island, and an adjunct faculty member at New York University. He is a graduate of Bastyr University, the leading accredited university for science-based natural medicine. Dr. Bongiorno is vice-president of the New York Association of Naturopathic Physicians, a member of the American Association for Naturopathic Physicians, Physicians for Social Responsibility, and a Diplomat in Acupuncture. He has worked as a researcher at the National Institutes of Health and Yale University, and has co-authored numerous medical journal articles in the field of neuroendocrinology.

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