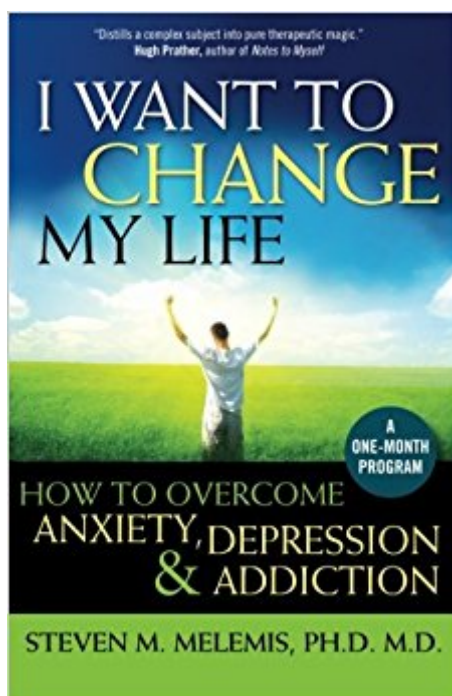


The book was found

# I Want To Change My Life: How To Overcome Anxiety, Depression And Addiction



## Synopsis

The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment, and relapse prevention strategies that will change your life. Learn new coping skills such as cognitive therapy, stress management, and mindfulness along with step-by-step instructions on how to use them. The book includes numerous exercises and a one-month program to help you get started. Dr. Melemis is a leading authority in addiction and mood disorders who has helped thousands of people improve their lives. For more information refer to [IWantToChangeMyLife.org](http://IWantToChangeMyLife.org).

## Book Information

Paperback: 276 pages

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Best Sellers Rank: #20,614 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #40 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #69 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

Steven M. Melemis MD PhD is a leading authority in addiction and mood disorders. He is past Vice-Chair of Addiction Medicine for the Ontario Medical Association. Dr. Melemis has a post-doctoral fellowship from the University of California at Berkeley, and has received the honor of Fellow of the Royal Society of Medicine. He has lectured widely to the public and to health professionals, and has been interviewed for print, radio, and television.

Very good for an ocd person explained why I have fallen for addictive patterns though out my life

Wonderful publication.A very valuable addition to my research library.Very informative and easy reading.Extremely pleased with this purchase.Highly recommend to others.

Informative and a helpful tool to clients and individuals searching to change their lives!!

Fantastic! My wife and I have read this book together and it is great.

Understanding is keeping I will be there for the full amount of time to make it right Like a great idea.

ty

Understandable paradym.

The book is great and arrived in great condition.

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Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Understand and Overcome Gambling Addiction (Understand & Overcome) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)

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