



# **Herbs for Depression and Anxiety: Learn How to Relieve the Symptoms of Depression and Anxiety Disorder, Panic Attacks and Stress Management (MENTAL AND EMOTIONAL WELL-BEING)**

## **(Volume 1)**

*Mr Dermot Farrell*

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Depression, anxiety and stress are so commonplace these days. 5% of the adult population suffers from some or other form of mental agitation, on a clinical level, and it appears to many, that peace of mind is a thing of the past. However, nothing is further from the truth! You can regain your peace of mind and it starts with re-empowering yourself! For many people, they are suffering so much that allopathic medications become a necessary evil. While allopathic medications have their place, in mental health relief, they are only a short-term solution. If you want a long-term solution then read this book. It covers a wide range of herbal remedies, which can both reduce the dependence on allopathic medications and also act as a preventative, in the case of people who are feeling some of the symptoms of stress, anxiety and depression. These herbal remedies act as natural anti-depressants and anxiolytics, whereby you get the relief from the symptoms of stress, anxiety and depression, but you get very few side effects, which cannot be said for allopathic medications. While allopathic medications can be effective in the short-term, in the long-term they produce a plethora of side effects which often result both in a weakening of the immunity system and physical health, as well as resulting in chemical dependency issues! Herbs on the other hand also produce relief from the symptoms of stress, anxiety and depression, but they rarely produce any negative effects on either immunity or physical health and also they don't produce chemical dependency issues! Furthermore, this is not just a book about herbal remedies, rather it also gives you a detailed overview as to the nature of stress, anxiety and depression and some really useful strategies for re-empowering yourself. Allopathic medications are a stop gap with strong side effects while herbal remedies are a stop gap with weak side effects, but ultimately they are both short-term solutions. The real way to use these short-term solutions is to use them as a crutch, which will give you some relief from symptoms, while you get your life in order. How then do you get your life in order? You can do this through self-responsibility. This book gives an overview as to how you can regain your power through self-responsibility. While this book is not a cure all (in that it is not a full-fledged do-it-yourself mental health book), it does provide some really helpful suggestions. It provides an overview of the nature of depression, anxiety and stress in chapter one and how to become more responsible and self-empowered in chapter three, while the herbal remedies are outlined in chapter two. Read this book and you will definitely find some helpful herbal remedies and suggestions, which will help you to reduce your dependency upon drugs and also reignite your inner power!

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