



Hollywood Cure for Stress, Anxiety & Depression: Drug-Free & Clinically-Proven Ways to Manage & Control Your Thoughts, Mood & Feelings

By Walter Doyle Staples

Insight Publishing. Paperback. Book Condition: new. BRAND NEW, Hollywood Cure for Stress, Anxiety & Depression: Drug-Free & Clinically-Proven Ways to Manage & Control Your Thoughts, Mood & Feelings, Walter Doyle Staples, "The Hollywood Cure for Stress, Anxiety and Depression". With this, his new spiritual guide, Walter Doyle Staples invites his readers to experience life as fully conscious, fully-functioning individuals. Dr. Staples presents powerful and life-changing ideas and concepts on how to transcend our ego-based state of consciousness to achieve peace, happiness, and inner joy. His book explains in detail how our attachment to our ego can only create dysfunction and suffering in our lives, resulting in emotions ranging from anger, guilt, jealousy, depression, and despair. He suggests we need to awaken to a new consciousness and experience a new beginning. Indeed, the book focuses on only drug-free and clinically-proven ways to manage and control out our thoughts, mood and feelings. The book describes the three components of the cure for low self-esteem, stress, anxiety and depression, the first being Cognitive Behavioural Therapy (CBT), with the critical thinking it involves (an example of Western, left-brain analytical thinking); the second is practical spirituality (an example of Eastern, right-brain mystical thinking), and its...



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