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Stress, Depression, and Behavioural Disorders

A New, Substance-Free Approach

Author: Jean-Pierre Willem

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This hard-hitting book speaks out against the unreasonable overuse of psychotropic drugs.

This book provides the necessary information for understanding pathologies grouped under the generic term "anxiety disorders." It also offers solutions of complementary and natural medicines to treat them, respecting the physiology of the body and the mechanisms of the psyche. For author Jean-Pierre Willem, many of these disorders are certainly caused or maintained by drugs. The example of Alzheimer's disease is particularly convincing in this regard.

Sales in France: 10,000 copies