



# The Truth About Depression: Choices for Healing

*Charles L. Whitfield*

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## **The Truth About Depression: Choices for Healing** Charles L. Whitfield

Almost 40 percent of the U.S. population suffers from some form of depression or mental illness yet the causes of mental illness remain largely a mystery. The prevailing theory sees the cause as a trans-generational genetic defect of brain chemistry, which is best treated with medication.

New breakthroughs made by health professionals dislodge this theory, and show that frequently previous traumas are what lead to mental illness.

In this bold new book, renowned physician and psychotherapist Charles Whitfield takes a new look at the common problems of depression, anxiety, addictions, eating disorders, schizophrenia and other mental illness. *The Truth About Depression* shows the strong and at times causal relationship between childhood trauma and future depression and other mental illness; he explores the risks, side-effects and high cost of treating these disorders with anti-depressant drugs, and; provides an alternative treatment and recovery program for people with depression and a history of childhood trauma.

Dr. Whitfield's book offers hope and help for those who have been held hostage by depression, and provides clinicians with new solutions and alternatives to high-risk medications.

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