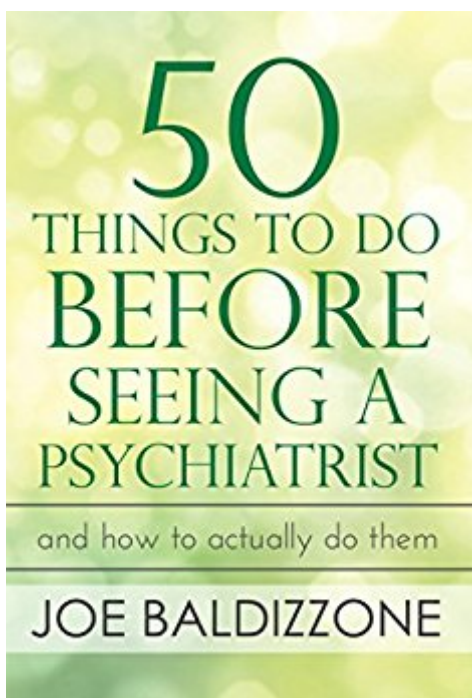


The book was found

50 Things To Do Before Seeing A Psychiatrist: And How To Actually Do Them



Synopsis

50 Things to Do Before Seeing a Psychiatrist is your holistic guide to not just treating depression, anxiety, and panic, but healing it so you can feel free and happy again. Holistic health coach and recovery expert, Joe Baldizzone, knows first-hand what it's like to live with depression and how to recover from debilitating panic, as well as addiction. In this book you will find simple strategies to help you get started on your own path to recovery. Do you feel anxious most of the time? Are you overwhelmed with persistent worries? Is depression keeping you in the house? Have you reached for drugs and alcohol to cope? Are you considering going to see a psychiatrist, but scared of being put on medication? If you're looking to change your life and find happiness without doctors and medications, try the proven methods Joe has to offer. Learn about Joe's recovery and how to use the 50 tools that have helped him as well as countless other people.

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Customer Reviews

As a librarian, I'm always searching for inspirational, thought provoking and powerful reads, especially for the self-help section. I am also an avid shopper, so while searching for new books, I

came across 50 Things to do Before Seeing a Psychiatrist. After reading several positive reviews and reading about the book, I decided to give it a shot. What I love most about it is the author speaks from personal experience. Mr. Baldizzone offers his own past experiences so that you may relate to and learn from them and hopefully, resolve your own issues in a healthier and more efficient manner. He suffered from anxiety, depression, agoraphobia and addiction and was able to overcome his issues holistically rather than resorting to more drugs to just self medicate. He not only offers coping mechanisms, but then instructs you on how to actually accomplish that goal. Of course, you're probably not going to need all 50 methods, but many are definitely worth a try and all are very manageable and feasible. As long as you're ready to accept help or know someone in a similar predicament, then I would highly recommend this book. If for nothing else, then simply as a starter guide.

I've read a good number of self-help books over the years, and this one is a standout. It covers a broad range of things a person can do to get out of the depression/anxiety rut--lifestyle changes, mindset changes, spiritual exercises, activities. None of them cost much money, and all of them have demonstrated potential to help relieve suffering. And it's written in a clear, concise, upbeat style by someone who's been through it, himself. Like the author, I've known a number of people treated with pharmaceuticals. I've also become skeptical of that approach; at best it just seems to get people stuck at a certain point, maybe not sliding down to the bottom of the emotional pit, but still unable to climb out of it. At worst, some do crater despite all the chemical intervention. The author mentioned a gut-wrenching case; I've known one, myself. I'm not a health care professional, but I've seen what I've seen and gone through bad head trips of my own. There's no doubt in my mind the approach this book takes offers great promise to someone who wants to step up and deal with this kind of emotional problem. That's my idea of empowerment, in a meaningful sense.

I have been a licensed family therapist for over 40 years. This book is filled with practical and very useful suggestions and advice the author has clearly used successfully in his own life struggle. I have begun to recommend it to some of my patients. Not only has he used these ideas personally, he has cataloged them here for your consideration and use. Much of therapy consists of learning about the parts of your history/personality that keep you from doing what you need to do to be happy. This book is some straight talk about what you can do to make your life more fulfilling. If, after reading and applying Mr. Baldizzone's suggestions, your life has not improved, then it may be time to seek professional help (not necessarily a psychiatrist).

You know, sometimes the exact right thing comes into your life at exactly the right time and this book is just one of those things. I can't imagine anyone's life *not* being improved by taking just some of the steps suggested in this book. The author's openness about his own life and his own struggles is very comforting and encouraging...he's been there and he's not afraid to admit his life isn't impossibly perfect, so he doesn't come across as preachy or self-righteous. He's with you, he is you and he genuinely wants to help. It's also impressive that this book isn't so clinical that it's just plain boring. He shares enough of himself to make for compelling reading, which is rare in a book of this kind...reading it doesn't feel like a chore. What I love is that this book does something few other self-help books do: it gives you concrete, doable steps YOU can take every day, on your own. All roads in this book do NOT lead straight to therapy and medication. The whole goal is to explore other options FIRST. Sometimes you read a book and you think "yeah, that's totally me, but now what do I do about it?" Joe Baldizzone fills in those blanks with actions that may seem deceptively simple at first glance, but prove to be very powerful in practice. I've actually had extraordinarily bad experiences with therapists over the years and I'm really not too keen on trying therapy again, so this book is amazing for me. I can go at my own pace and not drag myself through the often useless, sometimes painful and occasionally damaging process of in-person therapy. This book is so useful, I've already picked up 4 copies for friends and family. (While writing this review, I just thought of a couple more people I'd like to share it with, so I'll probably order a few more copies!) I can't recommend it enough. Thank you so much for writing this book, Joe!

I love this book. This author is very positive and down to earth. He has struggled with depression, knows how it feels, and has used all of these methods himself. I have tried prescription drugs many times through the years to deal with depression and anxiety, and I have never been able to tolerate the side effects long enough to get any benefit from the drugs. Even if the methods in this book don't work for you, they won't do you any harm or cause negative side effects. These are all practical things that you can do on your own in real life, like exercise, meditate, journal, etc., that don't cost a fortune or take up so much of your time that they become a full time job. (Some of the activities, like exercise or improving your diet, would be good things to do with a spouse or good friend.) Many of the methods he suggests, like changing your diet or exercise habits, will improve other parts of your life as well. If you are battling low-grade depression and are still able to function, I would recommend this book---there is nothing here that will harm you and you have nothing to lose.

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