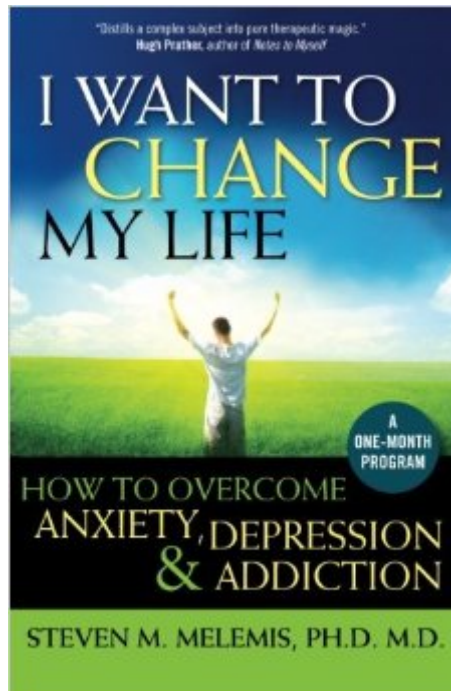


The book was found

# I Want To Change My Life: How To Overcome Anxiety, Depression And Addiction



## Synopsis

The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment, and relapse prevention strategies that will change your life. Learn new coping skills such as cognitive therapy, stress management, and mindfulness along with step-by-step instructions on how to use them. The book includes numerous exercises and a one-month program to help you get started. Dr. Melemis is a leading authority in addiction and mood disorders who has helped thousands of people improve their lives. For more information refer to [IWantToChangeMyLife.org](http://IWantToChangeMyLife.org).

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (102 customer reviews)

Best Sellers Rank: #6,621 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #17 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #24 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

This book breaks down why we feel the way we do into basic and fundamental reasons, in an easy to read and follow way. I have found it to be a comfort to read as it seems as though it's been written JUST for me. Understanding why I feel the way I do, I'm in a much better position to identify and avoid those things that cause me to feel negatively. Also, the book offers direction on how to handle yourself when you get to a low point. These coping skills are priceless and the simple knowledge that I have a plan makes me feel better. I would very highly recommend this book to anyone... not just people suffering from Anxiety, Depression and Addiction... There are some great life lessons in here that, without this book, most of us would have to learn the hard way. I have returned to this book many times since my first read and will continue to do so. If you're feeling ready to take control of your life and learn to laugh and smile again, this book will teach you how.

I can't think of a phrase so frequently used as "I Want to Change My Life". While the usual answer is almost always "Easier said than done!", what's great about Dr. Melemis's new book is that it truly provides us with a 360-degrees roadmap with clear and concise directions on how we can do it. Dr. Melemis cleverly combines the mental, spiritual and physical dimensions to how change can be implemented in very practical ways. It's not a book you'll read once, but rather one that you'll keep referring to again and again.

I work in the addiction field, and have been looking for a book that simplifies the issues, and provides an action plan for change. This is it. It covers everything and explains it, too. It is incredible.

I was assigned this book for a psych class and loved it. While I found that the prescription for daily meditation might not be completely reasonable for my lifestyle I think that he does a great job of taking away the "hocus pocus" of meditation. The points about negative thinking were also life changing!

I am in recovery and this book gives me a lot of great ideas and inspires me daily to keep getting better every day. Recommend for anyone with substance abuse issue, anxiety, depression.

Dr. Melemis has written a book that provides excellent tools to deal with issues such as stress, depression and addiction. He provides a variety of techniques in the areas of stress management and relaxation that are easy to follow. His book is straightforward, easy to understand and motivational. Anyone can benefit!

I suffer from anxiety but not depression. Sometimes it is very difficult for me to get centered and calm and peaceful. I like reading this book at night because it puts things in to perspective and allows me to get back in balance and have a great night's sleep and look forward to a great next day.

I bought this book for my husband who has suffered from anxiety, depression and addiction for many years. He is still reading the book but tells me that he is finding it full of common sense and reassurance.

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Gambling Addiction Cure:

How To Overcome Gambling Addiction And Stop Compulsive Gambling For Life  
(slots,roulette,craps,baccarat,poker,blackjack)

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