

The Truth About Depression and How Women
Can Heal Their Bodies to Reclaim Their Lives

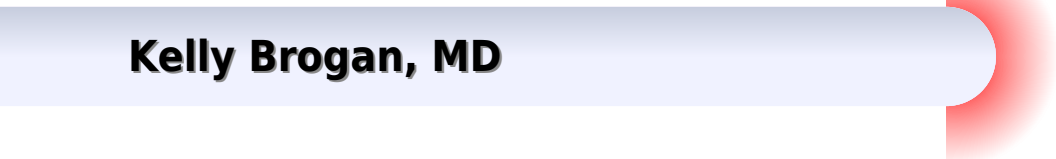
A Mind of Your Own



KELLY BROGAN, MD
with Kristin Loberg

A Mind Of Your Own Kelly Brogan

Kelly Brogan, MD



A Mind Of Your Own Kelly Brogan:

A Mind of Your Own Instaread, 2016-06-10 *A Mind of Your Own* by Kelly Brogan with Kristin Loberg Summary Analysis Preview *A Mind of Your Own* by holistic women's health psychiatrist Kelly Brogan aims to help women better understand the root causes of depression and the pervasive myths surrounding antidepressants. Brogan encourages readers to take their health and well-being into their own hands. She outlines a four-week protocol of dietary restrictions, adjustments to sleep and exercise, and meditation. This regimen is intended to provide women with a healthier alternative to antidepressants. By taking an empowered, proactive approach to health, women can overcome debilitating symptoms, become healthier, and ultimately thrive without antidepressants. Over the course of years, as a traditional psychiatrist, Brogan prescribed antidepressants to women because she believed that a chemical imbalance in the brain accounted for mental health disorders. A health crisis of her own forced Brogan to reconsider the conventional wisdom surrounding pharmaceutical treatments for common ailments. After being diagnosed with Hashimoto's thyroiditis, an autoimmune disease, shortly after giving birth to her first child, PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of *A Mind of Your Own*: Overview of the Book, Important People, Key Takeaways, Analysis of Key Takeaways About the Author. With Instaread, you can get the key takeaways summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways, and analyze them for your convenience. [Summary a Mind of Your Own by Kelly Brogan, MD and Kristin Loberg](#) Ant Hive Media, 2016-09-30 This is a Summary of Kelly Brogan MD and Kristin Loberg's *A MIND OF YOUR OWN: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*. Depression is not a disease; it is a symptom. Recent years have seen a shocking increase in antidepressant use: the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver but their use may permanently disable the body's self-healing potential. We need a new paradigm. The best way to heal the mind is to heal the whole body. In this groundbreaking, science-based, and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: it is not simply a chemical imbalance but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance, from blood sugar to gut health to thyroid function, and inflammation is at the root. *A Mind of Your Own* offers an achievable, step-by-step 30-day action plan, including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription. Bold, brave, and revolutionary, *A Mind of Your Own* takes readers on a journey of self-empowerment for

radical transformation that goes far beyond symptom relief Available in a variety of formats it is aimed for those who want to capture the gist of the book but don't have the current time to devour all 352 pages You get the main summary along with all of the benefits and lessons the actual book has to offer This summary is not intended to be used without reference to the original book [A Mind of Your Own](#) Kelly Brogan, M.D., Kristin Loberg, 2016-03-15 Named one of the top health and wellness books for 2016 by MindBodyGreen Depression is not a disease It is a symptom Recent years have seen a shocking increase in antidepressant use the world over with 1 in 4 women starting their day with medication These drugs have steadily become the panacea for everything from grief irritability panic attacks to insomnia PMS and stress But the truth is what women really need can't be found at a pharmacy According to Dr Kelly Brogan antidepressants not only overpromise and underdeliver but their use may permanently disable the body's self-healing potential We need a new paradigm The best way to heal the mind is to heal the whole body In this groundbreaking science-based and holistic approach Dr Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression Based on her expert interpretation of published medical findings combined with years of experience from her clinical practice Dr Brogan illuminates the true cause of depression it is not simply a chemical imbalance but a lifestyle crisis that demands a reset It is a signal that the interconnected systems in the body are out of balance from blood sugar to gut health to thyroid function and inflammation is at the root A Mind of Your Own offers an achievable step-by-step 30-day action plan including powerful dietary interventions targeted nutrient support detoxification sleep and stress reframing techniques women can use to heal their bodies alleviate inflammation and feel like themselves again without a single prescription Bold brave and revolutionary A Mind of Your Own takes readers on a journey of self-empowerment for radical transformation that goes far beyond symptom relief

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Own Your Self Kelly Brogan, MD, 2019-09-17 New York Times best selling author presents a radical alternative to psychotropic meds discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self For years we ve been telling ourselves that our difficult feelings sadness rage shame intensity worry are somehow not okay And all too often we ve relied on the promise of pharmaceuticals to tamp them down The fact is though that these feelings are a vital part of our experience They are real And those of us who feel them most strongly are the canaries in the coalmine sensitive to things that are seriously wrong in the world today In a book that s both provocative and promising holistic psychiatrist Kelly Brogan M D author of *A Mind of Your Own* shows us that we don t have to medicate our mental emotional and physical pain away that the best way out is through She explodes the mistaken belief that our symptoms from mood changes to irritability to foggy and fatigue are evidence that we are sick or broken Then she charts a new path to get real get well and get free The journey includes Coming to a new appreciation of the meaning behind symptoms and whether you are a canary in the coal mine Learning the 2 major risks of medication that most doctors are not trained to disclose Exploring the 5 reversible physical drivers of so called mental illness Starting the process of radical physical healing with inclusive details of Dr Brogan s history making 30 day protocol Taking an emotional inventory of energy drains and toxic relationships Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine Identifying the most likely places you have given your power away Understanding what the science has to say about psychedelics as a tool for awakening Navigating health challenges with curiosity and the proper tools Guidance support and many Travel Tips shared from the trenches Our experiences Dr Brogan argues aren t problems or pathologies they reflect what we need to accept acknowledge and transform in order to truly become who we are *Own Your Self* is a journey of healing and also something more a journey of coming home to ourselves

Own Your Self Kelly Brogan, MD, 2022-01-11 New York Times best selling author presents a radical alternative to psychotropic meds discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self For years we ve been telling ourselves that our difficult feelings sadness rage shame intensity worry are somehow not okay And all too often we ve relied on the promise of pharmaceuticals to tamp them down The fact is though that these feelings are a vital part of our experience They are real And those of us who feel them most strongly are the canaries in the coalmine sensitive to things that are seriously wrong in the world today In a book that s both provocative and promising holistic psychiatrist Kelly Brogan M D author of *A Mind of Your Own* shows us that we don t have to medicate our mental emotional and physical pain away that the best way out is through She explodes the mistaken belief that our symptoms from mood changes to irritability to foggy and fatigue are evidence that we are sick or broken Then she charts a new path to get real get well and get free The journey includes Coming to a new

appreciation of the meaning behind symptoms and whether you are a canary in the coal mine Learning the 2 major risks of medication that most doctors are not trained to disclose Exploring the 5 reversible physical drivers of so called mental illness Starting the process of radical physical healing with inclusive details of Dr Brogan s history making 30 day protocol Taking an emotional inventory of energy drains and toxic relationships Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine Identifying the most likely places you have given your power away Understanding what the science has to say about psychedelics as a tool for awakening Navigating health challenges with curiosity and the proper tools Guidance support and many Travel Tips shared from the trenches Our experiences Dr Brogan argues aren t problems or pathologies they reflect what we need to accept acknowledge and transform in order to truly become who we are Own Your Self is a journey of healing and also something more a journey of coming home to ourselves

A Mind of Your Own Kelly Brogan, M.D.,Kristin Loberg,2020-01-07 Named one of the top health and wellness books for 2016 by MindBodyGreen Depression is not a disease It is a symptom Recent years have seen a shocking increase in antidepressant use the world over with 1 in 4 women starting their day with medication These drugs have steadily become the panacea for everything from grief irritability panic attacks to insomnia PMS and stress But the truth is what women really need can t be found at a pharmacy According to Dr Kelly Brogan antidepressants not only overpromise and underdeliver but their use may permanently disable the body s self healing potential We need a new paradigm The best way to heal the mind is to heal the whole body In this groundbreaking science based and holistic approach Dr Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression Based on her expert interpretation of published medical findings combined with years of experience from her clinical practice Dr Brogan illuminates the true cause of depression it is not simply a chemical imbalance but a lifestyle crisis that demands a reset It is a signal that the interconnected systems in the body are out of balance from blood sugar to gut health to thyroid function and inflammation is at the root *A Mind of Your Own* offers an achievable step by step 30 day action plan including powerful dietary interventions targeted nutrient support detoxification sleep and stress reframing techniques women can use to heal their bodies alleviate inflammation and feel like themselves again without a single prescription Bold brave and revolutionary *A Mind of Your Own* takes readers on a journey of self empowerment for radical transformation that goes far beyond symptom relief

[Summary of A Mind of Your Own by Kelly Brogan with Kristin Loberg | Includes Analysis](#)
Instaread Summaries,2016-06-06

Mind the Science Jonathan N. Stea, PhD,2024-09-03 A clinical psychologist who regularly deals with some of society s most vulnerable exposes and debunks the predatory pseudoscience and grift of the multi trillion dollar wellness industry and points us towards a better way to take care of our mental health Can the unbroken gaze of a lone man on a stage in front of hundreds of people truly alleviate their mental distress Can Berlin Wall pills or a coffee enema cure depression Can we improve our mental health with past life regression therapy cold water shock therapy

rebirthing therapy Wellness grifters and alternative health snake oil salesmen are everywhere these days and when our medical systems are under stress and we are too these costly purveyors of false hope are worse than a waste of money they can lead us to delay badly needed care from real professionals exacerbate our conditions and in the most tragic of cases even kill us Today people looking to care for their mental health face a market with at least 600 brands of psychotherapy and counting Most are ineffective and many could be harmful There exist countless unregulated providers of mental health services in the 5 6 trillion USD wellness industry and alternative medicine community looking to exploit people s financial and emotional vulnerabilities The world of mental health care is very much caveat emptor buyer beware Having seen so many of his patients hurt by the pseudoscience circulating in the industry Dr Jonathan N Stea is on a mission to expose its harm and protect the public from mental health misinformation In a landscape of rampant burnout and at a time when mental health concerns are at a fever pitch Mind the Science provides hope and real information to those who have been touched by mental illness have been misled by false marketing or are simply curious about the relationship between science and mental health

The Red Zone Chloe Caldwell, 2022-04-19 A searching galvanizing memoir about blood and love how learning more about her period PMS PMDD and the effects of hormones on moods transformed her relationships to a new partner to family to non blood kin and to her own body from the beloved essayist and author of *Women* Chloe Caldwell s period has often felt inconvenient uncomfortable or even painful It s only once she s in her thirties as she s falling in love with Tony a musician and single dad that its effects on her mood start to dominate her life Spurred by the intensity and seriousness of her new relationship it strikes her her outbursts of anxiety and rage match her hormonal cycle Compelled to understand the truth of what s happening to her Chloe documents attitudes toward menstruation among her peers and family reads Reddit threads about PMS attends a conference called Break the Cycle and learns about premenstrual dysphoric disorder PMDD which helps her name what she s been going through For Chloe healing isn t about finding a single cure It means reflecting on underlying patterns in her life her feelings about her queer identity and writing persona in the context of a heterosexual relationship how her parents divorce contributed to her issues with trust and what it means to blend a family The *Red Zone* is a candid revelatory memoir for anyone grappling with controversial medical diagnoses and labels of all kinds It s about coming to terms with the fact that along with proper treatment self acceptance self compassion and transcending shame are the ultimate keys to relief It s also about love how challenging it can be how it reveals your weaknesses and wounds and how if you allow it it will push you to grow and change

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Table of Contents A Mind Of Your Own Kelly Brogan

1. Understanding the eBook A Mind Of Your Own Kelly Brogan
 - The Rise of Digital Reading A Mind Of Your Own Kelly Brogan
 - Advantages of eBooks Over Traditional Books
2. Identifying A Mind Of Your Own Kelly Brogan
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an A Mind Of Your Own Kelly Brogan
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Mind Of Your Own Kelly Brogan
 - Personalized Recommendations
 - A Mind Of Your Own Kelly Brogan User Reviews and Ratings
 - A Mind Of Your Own Kelly Brogan and Bestseller Lists

5. Accessing A Mind Of Your Own Kelly Brogan Free and Paid eBooks
 - A Mind Of Your Own Kelly Brogan Public Domain eBooks
 - A Mind Of Your Own Kelly Brogan eBook Subscription Services
 - A Mind Of Your Own Kelly Brogan Budget-Friendly Options
6. Navigating A Mind Of Your Own Kelly Brogan eBook Formats
 - ePub, PDF, MOBI, and More
 - A Mind Of Your Own Kelly Brogan Compatibility with Devices
 - A Mind Of Your Own Kelly Brogan Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Mind Of Your Own Kelly Brogan
 - Highlighting and Note-Taking A Mind Of Your Own Kelly Brogan
 - Interactive Elements A Mind Of Your Own Kelly Brogan
8. Staying Engaged with A Mind Of Your Own Kelly Brogan
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Mind Of Your Own Kelly Brogan
9. Balancing eBooks and Physical Books A Mind Of Your Own Kelly Brogan
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Mind Of Your Own Kelly Brogan
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine A Mind Of Your Own Kelly Brogan
 - Setting Reading Goals A Mind Of Your Own Kelly Brogan
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of A Mind Of Your Own Kelly Brogan
 - Fact-Checking eBook Content of A Mind Of Your Own Kelly Brogan
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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