The Center for Mind-Body Medicine®

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MEDIA ADVISORY

Author Dr. James Gordon to Speak in San Francisco: Using the Model from His New Book to Heal Global Crises

San Francisco, CA – James S. Gordon, M.D., Founder and Director of The Center for Mind-Body Medicine in Washington, D.C. and Former Chairman of the White House Commission on Complementary and Alternative Medicine Policy is to speak at a special engagement in San Francisco on June 26.

Dr. Gordon will talk about his new book **UNSTUCK: Your Guide to the Seven-Stage Journey Out of Depression** (The Penguin Press; June 16, 2008; $25.95), in which he argues that *depression is not a disease and there is little evidence that anti-depressants are more effective than other approaches.*

Dr. Gordon will also speak about how he has used the **Unstuck** model to heal global trauma on the ground in war-torn Kosovo, Israel, the Gaza Strip, post-9/11 New York City, the Katrina-devastated Gulf Coast region and now among U.S. Veterans returning from Iraq and Afghanistan with Post-Traumatic Stress Disorder (PTSD).

Participants:
James S. Gordon, M.D.
Rachel Naomi Remen, M.D., UCSF Clinical Professor, Family and Community Medicine and Author of *Kitchen Table Wisdom*

Event Information:
Thursday, June 26, 2008
6:00 – 8:30 pm
YOGASTUDIO San Francisco
1823 Divisadero St. (between Pine and Bush)

About James S. Gordon, M.D.- Founder and Director of The Center for Mind-Body Medicine in Washington, D.C., Dr. Gordon is a graduate of Harvard Medical School and a Clinical Professor in the Departments of Psychiatry and Family Medicine at the Georgetown University School of Medicine. He is the former Chairman of the White House Commission on Complementary and Alternative Medicine Policy. Dr. Gordon, who has been a frequent contributor to *The Washington Post*, *The New York Times*, and *The Atlantic,* is the author of *Manifesto for a New Medicine* and the author or editor of ten other books.

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