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CONTACT: Sarah Hutson
212-366-2826
sarah.hutson@us.penguin.com

Pub date: June 16, 2008

UNSTUCK

Your Guide to the Seven-Stage Journey
Out of Depression

James S. Gordon

"A world expert offers a practical proven guide to finding hope and happiness in the ashes of depression. *Unstuck* is superb."

- Mehmet Oz, MD, author of the *YOU* guides

"In this extraordinary book, Dr. James S. Gordon, a pioneer in integrative medicine, offers practical ways to climb out of the dark psychological dungeon of depression. Both therapist and patient will benefit hugely from reading this book."

- Deepak Chopra, author of *Third Jesus: The Christ We Cannot Ignore*

"*Unstuck* is truly remarkable. Dr. James S. Gordon has taken forty years of experience in psychiatry and distilled it down into one brilliant book that can help people suffering from depression or ordinary unhappiness and confusion. In this warm, practical and user-friendly book, Dr. Gordon takes great care to remind us how much power we have to change our own lives."

- Dean Ornish, MD, author of *The Spectrum*

"Dr. Gordon offers a fresh, holistic approach for what he calls the journey out of depression. While he is educated in Western medicine and has worked all over the world with victims of trauma, Dr. Gordon is also savvy about Chinese medicine, Indian healing traditions and Buddhist meditation. His treatments involve work with the body, the mind, and the spirit. *Unstuck* is one of the books that will help us break free from our compartmentalized ideas about mental health and our American tendency to pathologize ordinary life experiences. I recommend this for anyone struggling with darkness. "

- Dr. Mary Pipher, author of *Reviving Ophelia* and *Letters to a Young Therapist*

"*Depression is not a disease.*" With this simple but revolutionary assertion, James S. Gordon, M.D., a Harvard-trained psychiatrist and a pioneer in integrative medicine, challenges the perceived wisdom on how depression is viewed and treated. He goes on to explain that depression "is a sign that our lives are out of balance, that we're stuck. It's a wake-up call and the start of a journey that can help us become whole and happy, a journey that can change and transform our lives." In his new book **UNSTUCK: Your Guide to the Seven-Stage Journey Out of Depression** (The Penguin Press; June 16, 2008; \$25.95), Dr. Gordon powerfully illustrates how to heal

depression *without the use of antidepressants* and outlines the practical steps we can take to exert control over our own lives.

Antidepressants are undeniably the first choice of treatment for depression in this country and a hugely profitable business. Each year, American doctors write 189 million prescriptions for people suffering from depression, as well as others who are inhibited, shy, anxious, in pain or unhappy. Dr. Gordon, the Founder and Director of the Center for Mind-Body Medicine in Washington D.C., argues that there is surprisingly little evidence that they are more effective than a variety of other approaches. Even more surprising is new data on the potentially disabling side effects of taking _ or even ceasing taking _ these drugs. Dr. Gordon stresses that antidepressants should be a rarely used last resort.

In **UNSTUCK**, Dr. Gordon has taken forty years of experience treating patients suffering from depression and distilled it down to an easy-to-follow guide to understanding the causes of depression and ways to address these causes, as well as helpful suggestions for relieving depression's symptoms. In his seven-stage program, Gordon explains the useful, mood-healing benefits of: food and nutritional supplements; movement, exercise, and dance; psychotherapy, meditation and guided imagery; and spiritual practice and prayer. He concludes each chapter with a carefully designed Prescription for Self-Care, guidelines to help each person play an active, effective role in their own healing, and he includes dramatic and inspiring examples from the patients he has worked with over the years.

For the twenty million Americans diagnosed with clinical depression and the tens of millions more who suffer from low energy or feel unhappy or dissatisfied with their lives, **UNSTUCK** by James S. Gordon, M.D., offers an empowering new way to think about depression and concrete, effective advice for feeling better and more fulfilled.

About the author:

James S. Gordon, M.D., is the founder and director of The Center for Mind-Body Medicine in Washington, D.C. A graduate of Harvard Medical School, Dr. Gordon is a clinical professor in the departments of psychiatry and family medicine at the Georgetown University School of Medicine and 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*, as well as to leading professional journals, is the author of *Manifesto for a New Medicine* and the author or editor of ten other books.

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Your Guide to the Seven-Stage Journey Out of Depression

by James Gordon

Publication Date: June 16, 2008

417 Pages * ISBN: 978-1-59420-166-0 * \$25.95

For more information or to schedule an interview with the author, please contact Sarah Hutson at 212-366-2826 or by e-mail at sarah.hutson@us.penguin.com.