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Written for those who struggle with mental health issues and their loved ones, CHOICES IN RECOVERY demystifies the best non-drug therapies for every mental health diagnosis, from depression to schizophrenia, discussing their benefits, clinical evidence, and drawbacks.These non-drug approaches promote wellness and can strike at underlying physical and emotional causes.

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Choices in Recovery is a beacon in the often confusing and frustrating search for comprehensive mental health care. Craig Wagner shines light on a whole world of non-drug options beautifully organized in a user friendly format and in clear and concise language.

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