



Straight Talk about Your Mental Health

James Morrison MD

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Too often, mental health care is postponed due to fears about what treatment might entail. Now Dr. James Morrison, a highly experienced practitioner with a no-nonsense approach, provides up-to-date facts and reliable advice about what might be wrong and what you can do about it. Explaining what really works for a wide range of psychological difficulties, Dr. Morrison gives frank and empathetic answers to all the common questions, plus many you may not even think of asking:

- *Why do I have these symptoms and when will they get better?
- *How safe are drugs like Prozac--and what about herbal remedies?
- *What will I have to go through to find out what's wrong?
- *How will I know if I've found a good therapist?
- *How can I get the best care when my insurance and finances are limited?
- *What can I expect in the months and years ahead?

Whether you feel trapped by depression or driven by anxiety, whether you're worried about an aging parent's memory loss or a spouse's mood swings, Straight Talk gives you the knowledge you need now and anticipates what you'll need in the future. It helps you make well-informed choices about this critical aspect of health and well-being--for yourself and those you love.



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Cheri Turner:

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