



Summary of A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

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PLEASE NOTE: This is an unofficial and independent summary & analysis of the original book and is meant to be read as a supplement to the original book.

Inside this book you can expect the following:

1. Time saving chapter summaries
2. Important facts recap after each summary
3. Discussion questions to get you thinking
4. A 30 second summary covering the entire book and the author

This summary of A Mind of Your Own, by Kelly Brogan, will introduce you to the real reasons behind depression and how you can finally heal. Included is a step by step 4 week action plan that focuses on detoxification, sleep, stress reframing techniques, targeted nutrient support and a powerful dietary intervention. The information contained within will help you to heal your body, relieve inflammation and feel like yourself again. All without a single prescription.

This summary breaks down all of the big ideas and pertinent facts so they can be easily and quickly understood.

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