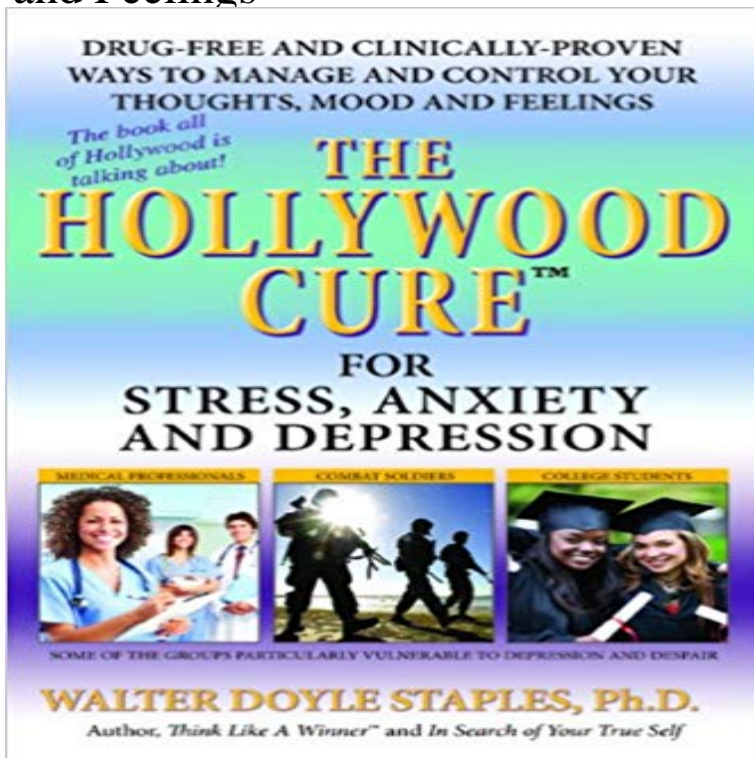


# Hollywood Cure for Stress, Anxiety and Depression: Drug-Free and Clinically-Proven Ways to Manage and Control your Thoughts, Mood and Feelings



With this, his new spiritual guide, Walter Doyle Staples invites his readers to experience life as fully conscious, fully functioning individuals. Dr. Staples presents powerful and life-changing ideas and concepts on how to transcend our ego-based state of consciousness to achieve peace, happiness, and inner joy. His book explains in detail how our attachment to our ego can only create dysfunction and suffering in our lives, resulting in emotions ranging from anger, guilt, jealousy, depression, and despair. The book describes Cognitive Behavioral Therapy (CBT), with the critical thinking it involves (an example of Western, left-brain analytical thinking); practical spirituality (an example of Eastern, right-brain mystical thinking), and its self-image psychology component; and mindfulness meditation (an inner body, contemplative approach designed to minimize and manage our internal thought processes in order to calm the mind), and how it connects us to the serenity and solace of our Source.

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