

# **Download I Want To Change My Life How Overcome Anxiety Depression And Addiction Steven M Melemis**

Steven M. Melemis MD PhD is a leading authority in addiction and mood disorders. He is past Vice-Chair of Addiction Medicine for the Ontario Medical Association. Dr. Melemis has a post-doctoral fellowship from the University of California at Berkeley, and has received the honor of Fellow of the Royal Society of Medicine. He has lectured widely to the public and to health professionals, and has been interviewed for print, radio, and television. *I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction* WINNER of the Gordon Bell Award for Journalism. About the Book. The book contains a five-point plan for change. You can change your life with the right information. This website contains useful information on mental health and life skills that can help. It's alright to say that you're not okay. It's alright to talk about it, and to ask for help. You are not alone. Many people have turned their life around and are now enjoying a better life. What's not okay is not getting the help you need. You can change. It can be done. You too can do it. *I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction* [Steven M Melemis] on Amazon.com. \*FREE\* shipping on qualifying offers. The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment