

Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power

Kelly Lambert



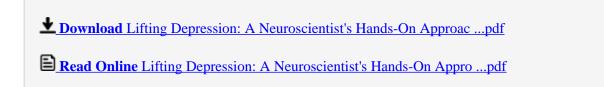
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In this fascinating exploration of depression, neuroscientist Kelly Lambert highlights her groundbreaking research suggesting that important clues to the mysteries of this disease have been in our hands all along. She identifies a circuit in the huma



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