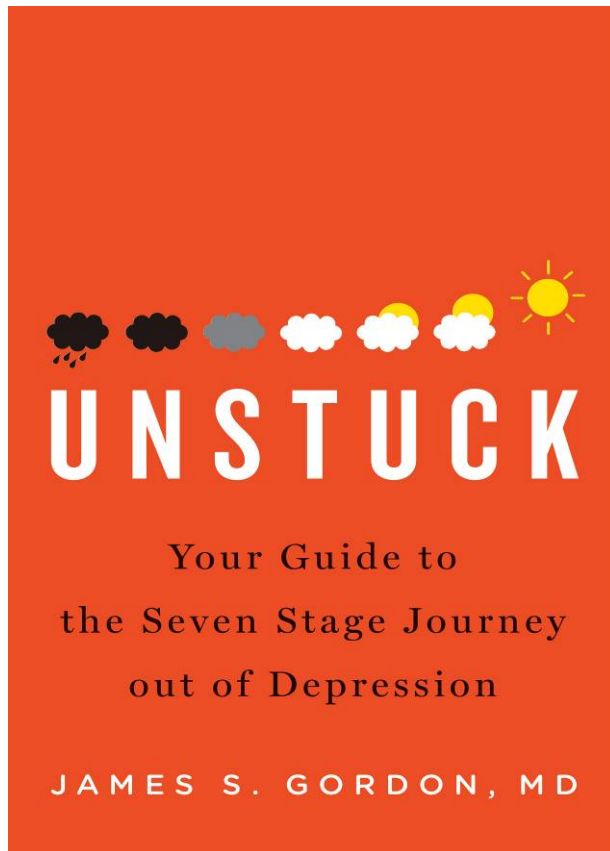


The Penguin Press
On sale June 12, 2008:



UNSTUCK

James S. Gordon, MD

*Founder & Director
The Center for Mind-Body Medicine
Former Chair, White House
Commission on Complementary &
Alternative Medicine Policy*

*"A world expert offers a practical proven guide to finding hope and happiness in the ashes of depression. Unstuck is superb."
- Mehmet Oz, MD, author of the YOU guides*

Available at: www.cmbm.org/unstuck

Dr. Gordon is the Founder and Director of The Center for Mind-Body Medicine, a non-profit organization dedicated to reviving the spirit and transforming the practice of medicine. The Center has taught thousands of health professionals the techniques of self-awareness and self-care described in *Unstuck*, so they can heal themselves and work effectively with people with chronic illness and with war- and disaster-traumatized populations in the U.S. and around the world. To read about Dr. Gordon and the Center's work, visit www.cmbm.org.

Over for advance praise for *Unstuck*

Advance Praise for *Unstuck* by James S. Gordon, MD

"In this extraordinary book, Dr. James S. Gordon, a pioneer in integrative medicine, offers practical ways to climb out of the dark psychological dungeon of depression. Both therapist and patient will benefit hugely from reading this book."

- Deepak Chopra, author of *Third Jesus: The Christ We Cannot Ignore*

"*Unstuck* is truly remarkable. Dr. James S. Gordon has taken forty years of experience in psychiatry and distilled it down into one brilliant book that can help people suffering from depression or ordinary unhappiness and confusion. In this warm, practical and user-friendly book, Dr. Gordon takes great care to remind us how much power we have to change our own lives."

- Dean Ornish, MD, author of *The Spectrum*

"Using an integrative perspective and drawing on traditional wisdom, psychiatrist James Gordon guides you through a whole-person journey out of depression that addresses the physical, emotional, and spiritual dimensions of the problem, not just a possible chemical imbalance in the brain. I heartily recommend this book to anyone who feels stuck."

- Andrew Weil, MD, Author of *Healthy Aging* and *8 Weeks to Optimum Health*

"Depression is not what we think it is. Ideas that can change a culture come only a few times in a generation. *Unstuck* is such an idea, the answer to one of the major causes of disability that has, until now, had only poor solutions. Dr. James Gordon, a pioneering voice in medicine for 40 years, has provided a practical and transformative guide for the suffering millions with depression. If you want to find out the real causes of depression and how to cure them, read this book."

- Mark Hyman, MD, New York Times best selling author of *UltraMetabolism*

"There is so much offered here to those fortunate enough to make this book's acquaintance. Jim Gordon is a skilled open-hearted writer and observer who brings his readers with him on a healing journey of human understanding. *Unstuck* is a revelatory, passionately humane and thoroughly knowing guide for those who are troubled."

- Robert Coles, MD, Professor of Psychiatry and Medical Humanities, Harvard Medical School, author of the *Children of Crisis* series

"*Unstuck* is the most exciting book on transforming depression I've ever read. Before you reach for a drug, read this book to feel better. This book is EXACTLY what this over-medicated country needs right now. *Unstuck* is fabulous. Thank you Jim Gordon for writing it."

- Christine Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*

"Dr. Gordon offers a fresh, holistic approach for what he calls the journey out of depression. His treatments involve work with the body, the mind, and the spirit. *Unstuck* is one of the books that will help us break free from our compartmentalized ideas about mental health and our American tendency to pathologize ordinary life experiences. I recommend this for anyone struggling with darkness."

- Dr. Mary Pipher, author of *Reviving Ophelia* and *Letters to a Young Therapist*