



## Psychiatry Made Simple: Dr. Pete's Guide to Your Mental Health (Paperback)

By MD Peter J Litwin

AUTHORHOUSE, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever met a psychiatrist at a cocktail party and asked whether he or she was going to psychoanalyze you? This is your chance to learn how a shrink thinks. Why is everyone bipolar these days? And where did all these panic attacks come from? When does someone go from eccentric to psychotic? What is the basis for behavior--is it learned, programmed, or biological? Why do most of us make such irrational decisions? And how did life become so stressful in the land of promise and plenty? Why does everyone and his dog seem to be taking Zoloft? These questions and many more are all addressed in this highly readable guide to psychiatry, which is based on twenty-four years of clinical experience. Dr. Pete is a Yale graduate who has won teaching awards, given dozens of presentations, and helped thousands of frustrated patients learn more about how to take care of themselves. Patient testimonials include very knowledgeable and attentive, compassionate and patient, gives practical advice and solutions, encourages problem-solving skills, wonderful results, and lastly, he's good.



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