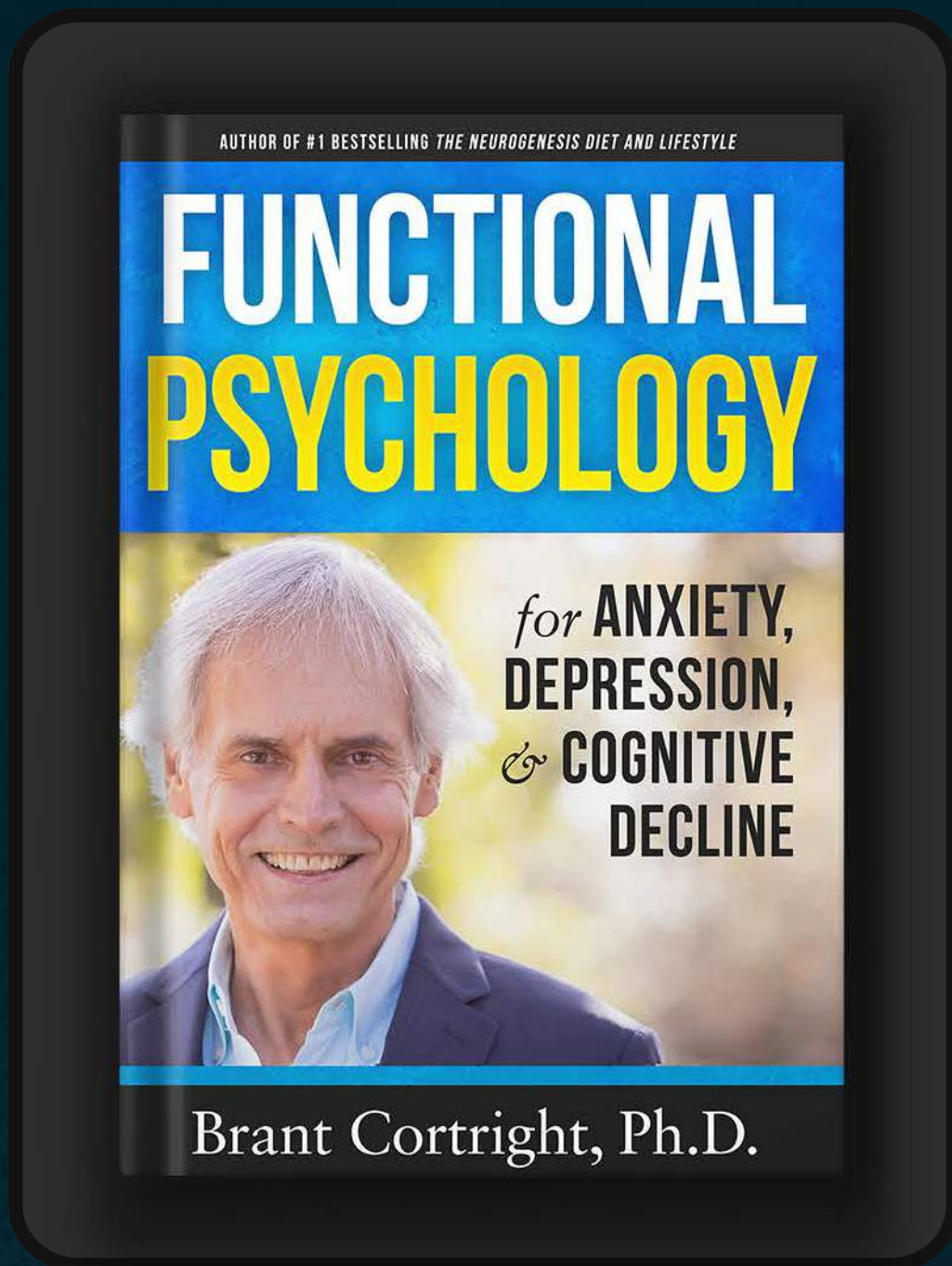


**BRANT
CORTRIGHT,
Ph.D.**



THE #1 AMAZON BESTSELLER



FUNCTIONAL PSYCHOLOGY FOR ANXIETY,
DEPRESSION, AND COGNITIVE DECLINE

PSYCHE MEDIA

KINDLE: \$9.99

PAPERBACK: \$19.99 (357 PAGES)

ABOUT -THE BOOK-

It's a more dangerous environment for the brain than ever before in history. A neurotoxic "perfect storm" that assaults the brain and self on all levels – physically, emotionally, mentally, and spiritually. No one escapes the weakening effects of this mysterious and invisible epidemic.

Rates of anxiety, depression, and cognitive decline have skyrocketed and keep climbing. Medication and conventional treatments have failed to stop the mental health crisis, even if they suppress the symptoms. Until the real cause is discovered and treated, things will keep getting worse. Functional Psychology is the first guidebook that shows, step-by-step, how to navigate the neurotoxic minefield of modern life, so you can function at the highest levels of creative productivity, without the exhaustion and burnout. It brings together the newest research in neuroscience, nutrition, and psychology to reveal the complex sources of this neurotoxic stew. And most important, it offers a way back towards our own peak intelligence and radiant brain function, so we can show up and participate in the world at full mental capacity.

This Book Shows:

- Anxiety, depression, and cognitive decline are not inevitable.
- They are symptoms of a brain and self under assault.
- Both physical and nutritional healing as well as psychological strengthening are important.
- An extensive, complete program of diet, supplements, and the four pillars of the Healthy Brain Diet.
- Scientifically validated with over 400 research references.
- A comprehensive understanding of the psychological side of these mental disorders.
- A holistic program to repair and strengthen the brain and self.
- How to not only heal but achieve radiant brain health.
- How to flourish at a level our ancestors could only dream of.

Brant Cortright, Ph.D., is professor emeritus with the California Institute of Integral Studies, clinical psychologist, and author of the #1 Amazon bestseller *Functional Psychology for Anxiety, Depression and Cognitive Decline*. He brings decades of university teaching, scholarship, and clinical practice to present a revolutionary understanding of the current mental health epidemic and a new path forward to radical brain health.

TESTIMONIALS

“Learn how to feel good at every level by reading this book!”

--- Dave Asprey, founder Bulletproof, Author

“The most comprehensive dietary and therapeutic approach to mental health I’ve seen.”

Jeff Shapiro, Ph.D., Former Chief Psychologist, Santa Cruz Mental Health

SAMPLE QUESTIONS FOR:

Functional Psychology for Anxiety, Depression, and Cognitive Decline

1. What is functional psychology?
2. How does integrating the principles of functional medicine, nutrition, and peak brain performance into psychology help to treat anxiety, depression, and cognitive decline?
3. How bad are these problems of anxiety, depression, and cognitive decline?
4. Why have these problems skyrocketed in the last 50 years?
5. Do these disorders have anything in common?
6. What is radiant brain Healthy, and how does it contrast to the weakened brain that we see so often?
7. What's the difference between neuroplasticity and neurogenesis? And how do these relate to brain health?
8. You write about the current "neurotoxic environment". What do you mean by this?
9. Why is our current approach failing? Why do you write that medication is rarely the answer?

SAMPLE QUESTIONS FOR:

Functional Psychology for Anxiety, Depression, and Cognitive Decline

10. Why is a holistic approach important?

11. What are the key principles of the Healthy Brain Diet?

12. What is involved with each pillar?

- Neurogenic?
- Ketogenic?
- Anti-inflammatory?
- Gut friendly?

13. Why is exercise important for brain health? Are any particular kinds of exercise especially helpful?

14. Why is sleep important for brain health?

15. What is anxiety exactly? What is the difference between stress and anxiety and fear?

16. What about the psychological side of anxiety? What are the emotional, mental, And spiritual dimensions of anxiety?

SAMPLE QUESTIONS FOR:

Functional Psychology for Anxiety, Depression, and Cognitive Decline

17. We hear a lot about depression, but what exactly is it? What is the psychological side consist of – emotionally, mentally, spiritually?
18. What is cognitive decline and when does it start? Are more people getting Alzheimer's now or is it just getting diagnosed better?
19. What about the psychological side of Alzheimer's and preventing cognitive decline?
20. Are there special nutrients or supplements that are particularly useful for each of these – anxiety, depression, and cognitive decline?
21. Do diet and lifestyle outweigh genetics when it comes to the brain?
22. What does peak brain performance look like?