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**\*\*FOR IMMEDIATE RELEASE\*\***

## Prescriptions Without Pills Provides Psychology for People When They Need It

NEW YORK—MONTH XX, 2016—Morgan James's new release, *Prescriptions Without Pills: For Relief from Depression, Anger, Anxiety, and More* by Susan Heitler, guides the route from uncomfortable emotions back to feeling better, concluding with prescriptions for sustaining feelings of well-being.

Everyone from time to time experiences bad, sad, scared and mad feelings. Yet information about healthy responses to negative feelings has been surprisingly sparse. With television ads encouraging the medicalization of bad emotional as well as physical feelings, too many people assume that going to a doctor who can prescribe a medication is the best way to recover from mild-to-moderate depression, anger, and anxiety. Dr. Heitler explains the research that, to the contrary, shows that while medications can work miracles for disorders on the severe side of the spectrum, for most emotional distress their potential side effects may outweigh the benefits. Research also has concluded that psychotherapy can work as well and yields longer-lasting results.

*Prescriptions Without Pills* offers self-help options for countering negative feelings, guiding self-treatment home-treatment versions of the therapy interventions that Dr. Susan Heitler uses with clients in her office. The prescriptions can be used on their own or to augment the effectiveness of psychotherapy and/or medication treatments.

Dr. Heitler begins by explaining that, just as only three primary colors make up the full rainbow, only three primary negative emotions lie at the heart of the full range of distressed feelings. She clarifies the sources and purposes of each of these negative emotions, then details how to tackle each of them, offering step-by-step instructions, helpful charts and checklists, and engaging case examples.

The options in *Prescriptions Without Pills* give anyone dealing down feelings, annoyance and anger, worries or nervousness the tools to feel confident that when negative emotions do arise, they can respond in ways that will lead to feeling good again.

Therapists open to learning new therapy techniques also will benefit from these innovative treatment prescriptions.

For more information, or to schedule an interview with Dr. Heitler, please call Nickcole Watkins at 516.900.5674, or contact Dr. Heitler's office at 303=388-4211.

### About the Author:

Psychologist Dr. Susan Heitler writes popular *PsychologyToday*, *YourTango*, and other blogposts that have garnered over 7 million reads. Her *Power of Two* book and workbook—with 6 foreign language editions—and her *PowerOfTwoMarriage.com* website teach couples the skills for marriage success, while her books and video for therapists are used in therapy training programs worldwide.

### More About This Title:

*Prescriptions Without Pills: For Relief from Depression, Anger, Anxiety, and More* by Susan Heitler will be released by Morgan James Publishing on July 19, 2016. *Prescriptions Without Pills*—ISBN 978-1630478100—has 280 pages and is being sold as a trade paperback for \$19.95.

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