



Overcoming Anxiety, Depression, and Other Mental Health Disorders in Children and Adults: A New Roadmap for Families and Professionals

Stanley I. Greenspan, M.D.

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Based on new research into human development and the author's own clinical observations, *Overcoming Anxiety, Depression, and Other Mental Health Disorders in Children and Adults* describes a new roadmap. This roadmap reveals strategies for family members as well as professionals from different disciplines to help both children and adults. The most common mental health disorders, including anxiety, depression, obsessive-compulsive patterns, ADD/ADHD, borderline states, and others, are discussed literally with a new set of eyeglasses.

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