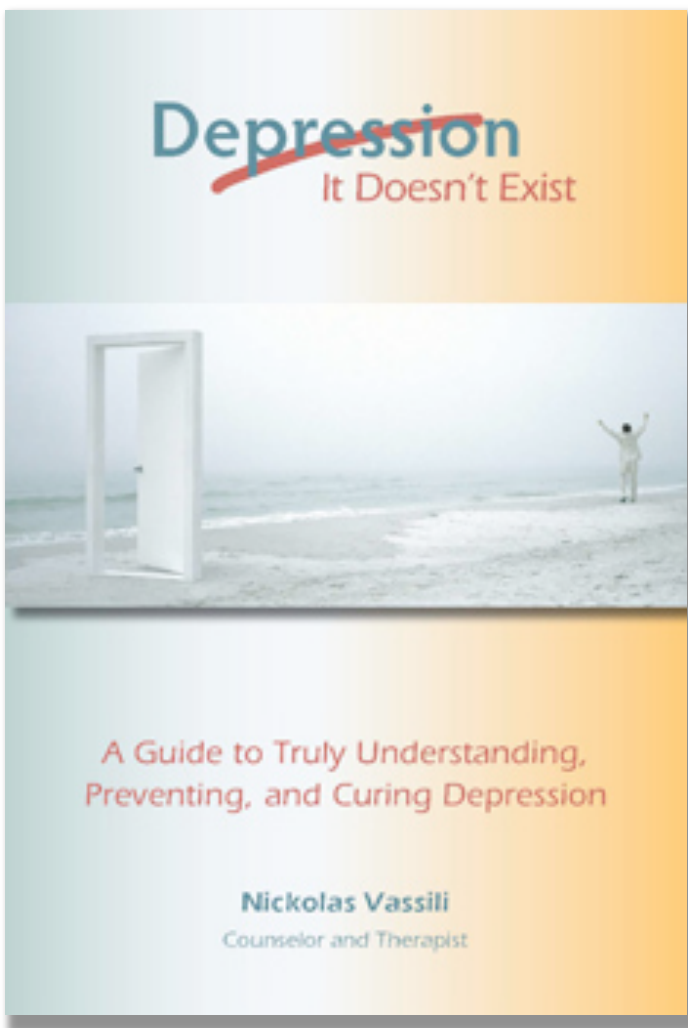


MEDIA KIT

Depression – It Doesn't Exist

A Guide to Truly Understanding, Preventing,
and Curing Depression

By Nickolas Vassili



DEPRESSION - IT DOESN'T EXIST

A guide to truly understanding, preventing, and curing depression, this new book by Nickolas Vassili, counselor and therapist, defies almost everything Americans have been led to believe about depression, and tells how to treat it without medications. **It is a singular hope for millions of ill-advised people who would otherwise be swept away in a sea of despair and drugs.**

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Depression – It Doesn't Exist

Nickolas Vassili's new book, "Depression - 'It Doesn't Exist", is a guide to understanding, preventing, and curing depression. This new approach debunks the common myth that depression is a psychological-biological-chemical illness that must be treated with anti-depressants. This myth is a dangerous misunderstanding that Americans have been led to believe. "Depression - 'It Doesn't Exist", presents an explanation of the sole hope for millions of ill-advised people being swallowed up in a sea of despair and drugs.

No word in the English language conjures up more fear and hopelessness than *depression*. Not even the words *war* or *death* strike such absolute and inevitable chords because, as grim as they may sound, there are ways of depicting war and death in an amusing manner. Comics from Charley Chaplin to Monty Python have done it.

The word depression is automatically attached to almost every unpleasant act or experience, even through the event may be natural or unavoidable. Friends, family, and care providers are quick to raise the specter of the illness at the drop of a hat. The word depression has become so ubiquitous that it crops up in situations where it is completely uncalled. For instance, sports commentators describing a football or baseball game will, for lack of a more sensible comment, describe an athlete as *looking depressed*. It is not surprising that people with ordinary problems quickly and lamentably associate with the word depression, personalizing to the point that they seek and assume its identity—instead of dealing with the situation or incident at hand as if it were a normal, albeit annoying or painful, incident.

This internal bedrock leaves us in constant anticipation and fear of suddenly being struck down by any potential contrary force—even nature—and ending up depressed. In fact, America suffers from the highest incidence of depression of any country in the world, topping off the list with 9.6% of the population experiencing bipolar disorder, major depressive disorder or chronic minor depression over the course of a year. Having been force-fed depression, it has become a constant preoccupation among Americans, and little wonder—as tens of millions of us are diagnosed and willingly labeled depressed human beings every year.

Book Information

Title: Depression - It Doesn't Exist: A Guide to Truly Understanding, Preventing and Curing Depression

Author: Nickolas Vassili

Publisher: Nickolas Vassili

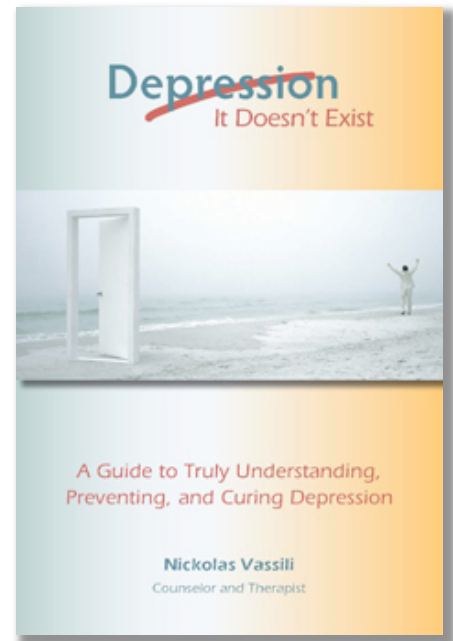
ISBN: 978-0-615-32053-6

Number of Pages: 245 pp

Size: 6"x9" (spine width ½")

Bar Coded: yes

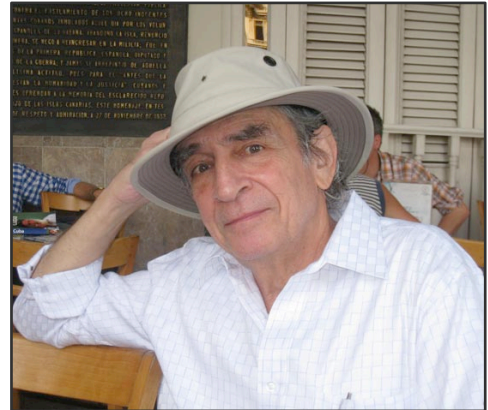
Price: \$19.99



About Nickolas Vassili

Nickolas Vassili's professional career spans a period of 44 years, during which time he ran more than 9,000 individual and group sessions (perhaps a world record!), trained untold numbers of therapists, and helped create the foundation for many of the individual and group dynamics now used throughout America.

Drawing from a wide array of treatment modalities and concepts such as reality/encounter therapy, hypnosis, mind reprogramming (now called NLP), psychodrama, psychomotor, sensitivity training, bioenergetics, Gestalt, Transcendental meditation (TM), Eastern philosophies, and conventional psychotherapy, NV exemplified the 1970s-era philosophy of different strokes for different folks!



In 1965 he was named Executive Director of Encounter, Inc., in New York City, which was America's first and foremost community-based drug prevention and treatment facility, and regarded more like a main branch of the National Institute of Mental Health (NIMH).

In 1969 NV founded his own therapeutic center in New York called Journey-Alert, Inc., a non-profit educational corporation that treated all manner of human problems, and all forms of addictions.

Over the years, he also worked with war veterans, inmates in state prisons, people in mental institutions and institutes for the criminally insane, and a number of schools of higher learning including Hofstra University, where he established a training program for students, faculty, and administrators.

NV has lectured and spoken before many audiences, made numerous guest appearances on radio and television, has been interviewed by many talk-show hosts, participated in seminars, debates, and city, state, and national training programs, and was in at the beginning of what became "The Humanist Movement" in America.

In 2007, he wrote his autobiography, *So Much Pleasure, So Little Pain*, and authored *Monument To Failure*, the most comprehensive study of the American healthcare system ever made. In 2009, he published *Depression – It Doesn't Exist, a Guide to Understanding, Preventing, and Curing Depression*.

Unlike most therapists, doctors, psychologists, and psychiatrists who specialize in only one form of treatment (along with drugs, of course), in his private practice, NV utilizes everything he has learned, and trained others to use, which allows him much greater scope and latitude in dealing with all human problems.

Frequently Asked Questions

Why did you write this book?

Something must be done to save legions of people from the depression-mongers who are responsible for the devastating mental and emotional health standards of America. The "business" of depression encompasses Big Pharma, the medical profession, the media, and hundreds of thousands of depression-hucksters who have a huge stake in making people believe that their human problems need medications and management, rather than common sense, discernment, and lifestyle modification skills.

Who is your intended audience?

With 19 million new cases of depression diagnosed every year, along with the families and friends of those labeled depressed, the audience for this book is huge beyond words or statistics.

How does this book benefit the reader?

By understanding why America suffers from the highest incidence of depression in the world, people can sooner protect themselves from being talked into depression and can learn the concepts and tools that have been proven successful in dealing with the condition commonly referred to as depression. In fact, there is no segment of American society that could not benefit from the wide array of preventative and curative measures contained in Depression - It Doesn't Exist that can be applied to most any human disorder or conflict.

Book Review

Book Review for Depression - It doesn't Exist Steven Sierra, Vice President of Innovative Body Solutions

Upon reading early chapters of “Depression: It Doesn't Exist”, one thing became very clear to me. It was as if Nickolas Vassili was privy to understanding everything that happened in my family. I've had the fortunate and unfortunate task of being raised by a mother whom has suffered through a childhood of abuse at the hands of a dysfunctional family. She graduated to an adult with major drug problems of the ‘Illegal’ kind. From there she has been cast aside by a society that believes in prescribing as many kinds of “legal” drugs as necessary to keep individuals in a catatonic state and therefore no longer “depressed”. My mother no longer has a strong will to survive or to even be a part of “normal” society. Her daily struggles of just waking up in the morning are enough to send her into a warped state of mind that eats at her very soul.

When Nickolas told me the title of his new book, I didn't get it. How can “depression not exist”? I've seen my entire family succumb to “Depression” and they have the medical industry backing up their claims. After reading through chapter after chapter I became very angry with the Pharmaceutical companies and doctors. She has been led to believe that the only solution to her current mental state is to be doped up. One life changing thought that was expressed by Nickolas was that my anger is ok, and it's natural. It's the repression of these normal emotions and the combination of drug dependency that has our country in a very bad place. After all I was raised to believe that anger meant punching a wall, slapping and hitting someone, or cursing someone to death.

My anger increased after every chapter because my mother never had a fair chance. She was cast aside by family and by our government that we depend on to give us the best professional care possible. Recently I visited my mother to find her with scabs all over her arm. She thought bugs were in her arms and she picked at them for days. She was crying, hadn't eaten, slept well, or ventured out of the house in days. I immediately explained to her that she was ‘trapped in her thoughts’ and that her overwhelming problems were actually non-existent. Thank god she understood and snapped out of her funk within minutes of our conversation. Our next step was to see her therapist. After her appointment, which lasted 5 minutes at the most. He proceeded to “up” her medication, which by the way she has six different kinds!!

My recent experience coupled with all the accurate information and solutions for a “depressed” state of mind found in “Depression: it doesn't exist”, has given me a newfound hope. I'm looking forward to reading each chapter to my mother, and helping her dissect each piece of information. Then we can implement the strategies outlined to help get her on track to beating her dependency on anti-depressants and the rest of the medication that was prescribed for the side effects.

Thank you Nickolas Vassili, I'm going to buy numerous copies of “Depression: It Doesn't Exist” and hand them out to all my friends and family that are as confused as I once was about Depression.

FOR IMMEDIATE RELEASE

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Book Launch: "Depression - It Doesn't Exist" by Nickolas Vassili

Seattle, WA, November 2, 2009: Nickolas Vassili, has released his third book,"Depression - It Doesn't Exist", a Guide To Understanding, Preventing, and Curing Depression.

This book defies almost everything Americans have been led to believe about depression, and explains how to treat it without medications or medical mumbo-jumbo. It is a singular hope for millions of ill-advised people who would otherwise be swept away in a sea of despair and drugs.

Nickolas Vassili is a published author, counselor and therapist with a professional career that spans a period of 44 years. He became a modern-day pioneer in the field of psychotherapeutic dynamics during the 60s and 70s, when he successfully treated every type of human complex and conflict with a wide variety of treatment modalities and concepts. To be sure, depression, in one form or another, was always at the forefront of human disorders then, as it is now.

"We must learn and acknowledge the factual makeup of what is commonly known as depression and the natural ways to prevent and cure it. Life is for living and for love, creativity, and enlightenment, not for depression, drugs, and death."

"Depression – It Doesn't Exist" is available for USD \$19.99 directly from the author. Please visit www.americanhealthcarerevolution.com for more information.

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