

Introducing Dr. Bob's eleventh book in the "Guide To" Series!

# Dr. Bob

## The Drugless Doctor

### Dr. Bob's

DRUGLESS GUIDE TO:

# MENTAL HEALTH



Dr. Robert DeMaria  
The Drugless Doctor



DRUGLESS GUIDE TO:

# MENTAL HEALTH



SUGGESTED MONTH(S): January / December

## "How Do You Achieve Complete Mental Health?"

If you were to ask a group of individuals this question and their definition of mental health, you would probably receive a different and unique answer from everyone.

The truth is, no matter where you turn today, there is an increased public awareness for the term MENTAL HEALTH. However, to actually reach and hold onto optimal mental health can be a journey in itself.

What Dr. Bob DeMaria intends to achieve in his "Drugless Guide to Mental Health," is to lean in and describe everyday mental health "conditions" he has had experience helping during his forty-plus years of experience, and then create a protocol for you to live life to the fullest. Naturally!

### Interview Questions May Include:

- Q. "What is mental health? "
- Q. "Why is there such an emphasis on mental health today?"
- Q. "Let's start at the beginning, how can the food we consume affect our mental health?"
- Q. "How can someone improve mental health conditions like depression and anxiety naturally?"
- Q. "If someone wanted to begin a roadmap to improve their mental health today, what are the first three things they can do? "

AVAILABLE FOR:

Radio Interviews, Podcast Guests, Social Media Q & A.

All of [Dr. Bob's books](#) can be tailored to your audience for optimal engagement



e: [dominic@druglessdoctor.com](mailto:dominic@druglessdoctor.com) | p: 323.240.1121 | [druglessdoctor.com](http://druglessdoctor.com)