

THROUGH YOU TO YOU

STEPPING OUT OF ANXIETY AND
DEPRESSION AND INTO
THE NEXT VERSION
OF YOU



MYEISHA THOMPSON

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and Into the Next Version of You

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Introduction

“What if I’m not really anxious or depressed?”

This was the question I asked myself about eight years ago when—for the millionth time—I found myself completely incapable of getting out of bed on a bright Saturday afternoon.

As a Law & Order: SVU marathon droned on in the background, I found myself oddly curious about the idea of not being depressed or anxious. That curiosity stemmed from a YouTube video I’d listened to the day before, where a physician shared with the interviewer how he’d begun encouraging his diabetic patients to speak differently about their condition.

His advice went something like this: instead of saying “I’m a diabetic”, patients should say “I have diabetes” or “I’m working to get my blood sugar under control.” The doctor hypothesized that when patients labeled themselves as being something (the “I am” statement), they were making the illness part of their identity. And when a person believes

something is a part of who they are, they're less likely to take any meaningful or consistent action to change it.

On the other hand, if patients spoke about the illness as something they possess (the "I have" statement), the disease moved from part of their identity to something they can get rid of or remove. Super interesting, right?

So there I was, lying in bed and staring at the tree-lined horizon from the window of my third-floor apartment, confronted with the idea that I'd suffered from anxiety and depression for so long that the treacherous twins had infiltrated the very bloodstream coursing through my veins, altering the emotional and cognitive oxygen I needed to breathe.

The confrontation was both entirely unexpected and far too heavy for further exploration at that moment. So, like any expert-level self-sabotaging depressed person, I dragged myself to the kitchen, poured an oversized glass of something alcoholic (my guess is vodka or Zinfandel), and crawled back into bed. But the proverbial ball had already begun to roll.

The Only Way Out is Through

Psychological suffering always comes from internal splits between what your uncultured mind believes and what feels deeply true to you.

—**Martha Beck**

Long before that melancholic day in bed, I'd begun questioning whether anxiety and depression were symptoms rather than illnesses. My childhood, marked by tragedy and trauma, drove me to construct what I thought was a "safe" life. Yet, I later realized that what I'd intended as a refuge was actually a prison—one built on unresolved trauma, allowing me to deny my true self.

Even after 15 years of talk therapy, 15 years of cycling on and off psychiatric medications, 15 years of reading self-help books and attending self-improvement seminars, I still endured devastating financial losses, stalled out in my career, and gained 50 pounds within a seven-month period—all while continuously failing to distract myself with men and martinis. Nothing penetrated my life deep enough to create change or heal the chronic anxiety and depression that, by 2012, left me utterly broke and broken.

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It was the unexpected and violent murder of my son's father (my ex-husband) one August afternoon in 2013 that snapped me out of the depressed fog I had lived in for most of my life. His death forced my hand. I had no choice but to somehow free myself from the mental and emotional prison I'd built. I refused to allow my son to finish his childhood with one parent buried and the other one walking around dead. While I was eager to commit to being a better mother, I knew I had to first commit to becoming a better me.

I wish I could say that my path of healing from chronic anxiety and depression was a straight one. It was not. It's been the most grueling, humbling, spirit-opening, expansive experience I've ever encountered. To put it more succinctly: it cracked me wide open.

In her book *The Way of Integrity: Finding the Path to Your True Self*, Harvard-trained sociologist, author and world-renowned life coach Martha Beck argues that trauma and socialization are the two main factors that lead us away from wholeness—mind-body-spirit alignment—and into

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the depths of prolonged psychological suffering.¹ She uses Dante Alighieri's 14th-century work, *The Divine Comedy*, to illustrate a journey from psychological suffering (like anxiety and depression) to integrity or wholeness. The path is as follows:

- Stage 1: “The dark wood of error.” This is a place where we feel lost, exhausted, troubled, and unsure.
- Stage 2: The famous “Dante’s Inferno.” Here is where we’ll find the parts of ourselves that are suffering—the parts trapped in our hell—and set them free using a chisel made of our sense of truth.
- Stage 3: “Purgatory” is the state of cleansing or purification. It’s where we shift your external behavior to match our newfound inner truth.
- Stage 4: “Paradise” is where we consistently live our lives in the truth of who we know ourselves to be, operating in full integrity no matter what culture has to say about it.

¹ Martha Beck, *The Way of Integrity: Finding the Path to Your True Self*.

When I read her book in 2021, I fell in love with Beck's metaphor because it was deeply relatable. I recognized my own journey in those stages, finding solace in the fact that this condition of psychological suffering is as old as just about any other human malady.

As someone whose studied yogic philosophy as part of my healing journey, *The Way of Integrity* also reminded me of a famous line from *The Bhagavad Gita*—a 700-verse Hindu scripture—that states, “Yoga is the journey of the self, through the self, to the self.”²

Here, the term yoga doesn't refer to the Westernized practice ideal that only focuses on the physical aspects or asanas. It refers to the act of yoking, joining or uniting, which is the true definition of yoga. Yoga—like Beck's usage of the term integrity—invites us to work through splintered and disconnected versions of ourselves to a whole undivided version of our minds, bodies, and spirits.

Finally, no book on overcoming chronic anxiety and depression would be complete without addressing the primary source of internal blockages, disconnection, and

² Maharishi Veda Vyasa, *The Bhagavad Gita*.

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separation from our essential selves—trauma. Given my own experiences marked by both “big T” and “little t” trauma, I understand firsthand the importance of truthfully acknowledging how and where trauma's aftermath manifests in our current experiences.

Often, confronting trauma brings forth guilt, shame, blame and unworthiness. This is when we find ourselves in the inferno. Radical honesty and relentless self-compassion—Stage 2 of the framework—become crucial. We can't extinguish a fire we refuse to acknowledge, nor can we combat it with the same thoughts, feelings, and actions that ignited it. Ultimately, progressing from internal suffering to a consistent expression of your integrated self—Stage 3—requires curiosity, commitment, and self-compassion.

While the stages I outline are largely timeless and universal, how we traverse through them on our journey to healing from chronic anxiety and depression is as unique and individual as we are. More importantly, there are no shortcuts. In fact, any attempt to circumvent the process will hurl you into a vicious and repetitive cycle of failure, shame, guilt and frustration. Sound familiar?

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I wrote this book for those who are “sick and tired of being sick and tired” with themselves and their life—even if things seem or look fine on the outside. This book is for anyone willing to admit that how they’ve been thinking, feeling, and behaving may have gotten them to a perceived place of safety but won’t deliver them out of their hell to a place of wholeness or union.

This book and the frameworks I introduce will only be helpful if you’re willing to question and examine everything you think you know about anxiety and depression, about who you are, and what loving yourself and your life truly look and feel like.

When I decided to write this book by reverse engineering my own process from the depths of emotional and mental suffering, my first thought—by thought I mean fear—was: “Who am I to write a book about healing?”

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And like clockwork, other doubts, fears, and limiting beliefs quickly followed:

- “What makes you think YOU know enough to teach others?”
- “Isn’t it hypocritical to proclaim yourself cured when you still have moments of anxiety and low moods?”

But instead of continuing to stand inside the increasingly turbulent stream of fear-based questioning, I stepped outside them. I planted myself on the solid ground of curiosity and self-compassion, allowing me to use the first step in my framework—Identify through self-inquiry. Here’s how it went:

Non-judgmental question: What are these thoughts pointing towards inside of me?

“Who am I to write a book about healing?” led me to my real fear: “Will my process, self-reflections, and stories be valuable to anyone?” In other words, “Will it be good enough?”

Similarly, the “What makes you think you know enough to teach other people?” question gave way to “Have I studied enough about mental illness, spirituality, psychology, etc. for readers to respect and trust what I’ve written?”

In other words, “Am I smart enough?”

And lastly, “Isn’t it hypocritical to proclaim yourself cured?” led to “Does healing exist outside of societal perfection?” In other words, “Am I enough?”

You may’ve noticed the recurring theme: enough-ness. More specifically, my fear of writing this book revealed a still ever-present—although far less potent—question of my worthiness. What I also hope you noticed is that my fears weren’t the actual problem. Instead, they were acting as my emotional GPS, guiding me to the deeply-rooted location of my real issue.

As such, this book asks readers to set aside the model of chronic anxiety and depression as illnesses and consider the possibility that they’re painful symptoms of a deeper wound. While I’m not outright dismissing the validity of the current medical model, I can emphatically state that it proved utterly ineffective as a long-term solution for me.

It wasn’t until I committed to traveling through myself with non-judgment, honesty, self-compassion, and an open mind—no matter how long it took or what it looked like—that I was able to

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free myself from mental suffering. It's my deepest prayer that the process I share will help you do the same.

Before we jump in, I'd like to clarify a few thoughts and give a bit more insight into my approach and intentions.

#1: I refer to the conditions I struggled with as chronic anxiety and depression. This is an important distinction because—as I'll discuss more—anxiety and depression are highly normal emotions to encounter throughout our beautifully complex human experiences. The problem arises when these emotions get stuck. And instead of moving through our physical and mental systems, they morph from feelings to states of being, calcifying as modes of operation. It's that hard, seemingly immovable stuckness we come to know as an illness.

#2: I'm in no way villainizing what I describe as the medical model for treating chronic anxiety and depression. It's not bad or wrong when used for short-term stabilization. In fact, there were a couple of times when psychiatric medications and talk therapy quite literally saved my life! But those were acute incidents. I needed to act quickly,

apply pressure to stop the bleeding before I could clean the wound, get stitches, and give it time to heal.

Similarly, long-term treatments with medications coupled with psychotherapy models that have you dredge up the past—without body-based (what professionals refer to as somatic) tools for processing it—don't address the chronic wound.

#3: This is a framework, not a how-to manual. I'm mindful that what got me here may not get you to your desired destination. However, I'm fairly confident that the broad concepts I introduce—along with the various concepts and tools I highlight—will give you what you need to create and walk your own unique path.

#4: Lastly, regarding tools and concepts, I'd like to point out that what I share in these pages is the result of my “throwing spaghetti against the wall and praying that something sticks” approach to healing. I was so tired of feeling broken that I opened myself up to the possibility of just about anything else other than what I'd already tried. Something had to work!

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Throughout this book, I'll introduce what I call Ideas to Consider. These are findings from modern neuroscience and psychology research, along with wisdom from ancient traditions and religious teachings. While some of the ideas may not resonate with you or feel applicable to your situation, they've all contributed to my revised understanding of what it means to be free from chronic anxiety and depression.



Stage 1
IDENTIFY

Question Everything

CHAPTER

*You are the teacher you've been waiting for. You are
the one who can end your own suffering.*

—Byron Katie, *Loving What Is*

Good teachers answer questions. Great teachers show you how to answer questions for yourself. But the best teachers encourage you to never stop asking.

Curiosity is an interesting concept. More than a mere point in time where we might have one single question, curiosity—when applied consistently—can describe an ongoing position we take, a guiding principle of sorts for how we move through our day-to-day lives.

Derived from Middle English, the word curious denotes being careful, skillful and eager to learn. Exploring the Latin origins of the term, we find that the root—cura—means care and healing—evoking notions akin to the words accurate or cure.

Curiosity allows us to care and heal without the weight of prior knowledge or biases. A mind and heart posture of curiosity immediately opens us up. It softens us in a way that makes it okay not to have life all buttoned up and figured out. If you allow it, curiosity will wipe the slate clean and shine a light on other possibilities so that you can begin anew.

The Power of Questions When Overcoming Chronic Anxiety and Depression

What happens to our brains when we're asked a question?
(see what I did there!)

In short, a question hijacks your thought process. More specifically, questions trigger a mental reflex called instinctive elaboration. That means that once someone poses a question, you literally can't contemplate anything else. Pair this with neuroscience research that concludes

the human brain can only think about one idea at a time—sorry to disappoint all you multitaskers—a question remains top of mind until we’ve somehow answered it, decided that it wasn’t worth answering, or actively disengaged in some other way. Amazing, right?

Unfortunately, we can use this power to take over our amazingly complex neurocircuitry as a tool for both healing and harm. As one of my favorite metaphysical and spiritual teachers Michael Beckwith puts it: we have the choice of asking questions that empower or disempower us. That’s why a foundational part of overcoming chronic anxiety and depression has been training myself to ask questions that dig deep, require answers via honest self-inquiry, and move me towards feeling integrated, aligned and authentic.

What Does It Mean to Question Everything?

By everything, I don’t mean “Why is the sky blue?” or “Why are stop signs red instead of green?” (although the answers to both questions are quite fascinating if you’re into useless trivia like some of us!) I use the term everything liberally here for a purpose.

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Most of us live our lives based on beliefs, thoughts and feelings that are as unconscious to us as blinking or breathing. They're so deep-seeded and insidious that we've never stopped to question them or to consider if we actually agree with them in real time. I'll give you an example. If you've spent even a few hours in the company of a four or five-year-old child, you've experienced something like the following:

You: Michael, it's time to turn off your iPad and get ready for bed.

Michael: Whhhhhyyyyy?!

You: Because it's important to get a good night's sleep.

Michael: But WHY do I need a good night's sleep?! I want to keep watching my show!

You: You need a good night's sleep so you can be ready for school in the morning.

Michael: Whhhhhyyyyy do I have to go to school anyway?! The only part I like is reading circle!

You: You have to go to school because I said so. Now, let's go get your pajamas...

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It may have taken a longer (or shorter) time to get there, but at some point you probably decided to stop trying to reason with the five-year-old. You know what's best and you know you have good intentions, so you asserted your power to make little Michael shutoff his iPad and get ready for bed. This sequence—doing what you're told because it's coming from a trusted (or a feared) authority figure, even though you don't understand—is not too far off from our relationship with our beliefs, thoughts, and feelings.

Much of what we experience as chronic anxiety and depression stems from an internal conflict with the unconscious, unquestioned, and unchecked versions of “because I said so”—the “I” being our families, communities, cultures and society at large. And at some point in our development, that largely unspoken refrain—“because I said so”—morphs into an invisible, omnipresent, all-imposing rule book entitled *Should*. This book details all the things we've been conditioned to believe about how life operates and how we're supposed to move through it.

For instance, you may've questioned if your career, choice of spouse or decision to buy a house instead of traveling the country was right for you. And before you can stop to

consider an answer, you unconsciously turn to page 58 in your handy-dandy *Should* manual. There you find that the book's authors demand you aspire to become a doctor or engineer, marry the guy or girl who checks all the right boxes, and settle into your own piece of suburban real estate bliss. None of what you read in the *Should* manual feels quite right, but you do it anyway. This is where we begin laying the groundwork for chronic anxiety, depression or both.

Does this sound familiar? If so, it's because, as Martha Beck explains in *The Way of Integrity*:

We learn from our culture how a good person is supposed to behave, and we behave that way. Then we expect the promised rewards: happiness, health, prosperity, true love, solid self-esteem.

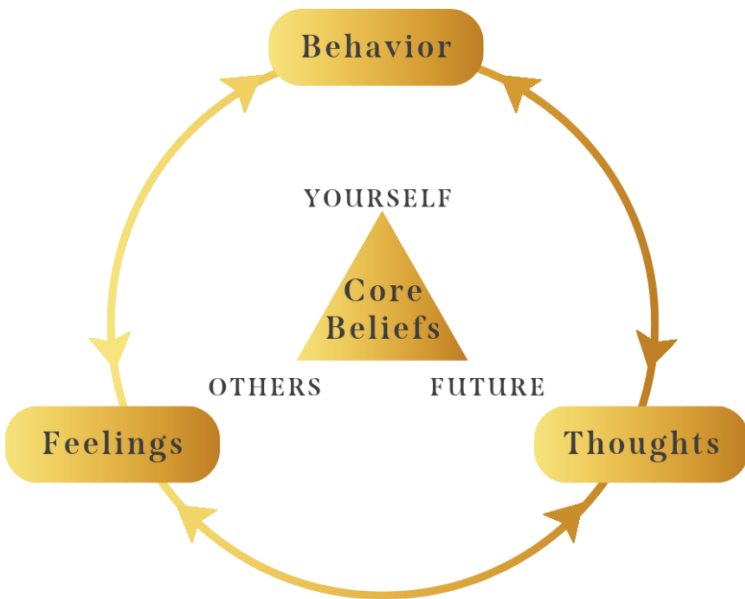
But the equation fails to balance. Even after doing everything we can to be good, we don't feel good. That's why we must first break the spell cast by *Should*.

To do so, we can begin by using questions. Since we're unable to ignore the cognitive magnetism of questions, they're one of the most powerful ways to interrupt the

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cycle of thoughts, feelings, and actions we experience based on our adherence to *Should*.

Questions force us to pause so we can consciously find and confront underlying assumptions and beliefs. Consistently and nonjudgmentally, questioning our beliefs, our thoughts, and our feelings—pattern interruption—is the first powerful step out of chronic anxiety and depression.



Questioning Your Beliefs

“Hard work pays off.” “Better safe than sorry.” “Good things come to those who wait.” These are ideas that many people in American culture believe and accept as true. But why? Where did these beliefs come from and are they still valid? At this stage of sorting through why you’re anxious or depressed, you’ll likely find yourself faced with this question: What happens when something you believe deeply (and probably unconsciously) bumps heads with your current knowledge and your lived experience?

In my case—back in my early 20s—a head-on collision with that question ended in my first psychiatric breakdown and a diagnosis of PTSD, anxiety, and depression. At 23 years old, having done everything I believed I was supposed to for success and happiness—earning a college degree, landing a job in marketing, marrying a man I loved and buying a home—I found myself deeply unhappy. Even worse, I had no idea why. I mean, I’d colored inside the lines, followed the script, and ran the plays from society’s playbook. So where was my happiness? Where was my contentment? Where was my pride in my accomplishments?

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This is the point where most of us make the biggest mistake. Instead of questioning our beliefs about what's *supposed* to make us peaceful, joyful, and whole, we question ourselves. We begin wondering what's wrong with us. We conclude that if we're not happy and excited about our lives, then we're clearly not doing it right. We've somehow not executed the plays as well as we'd thought.

When we decide to question ourselves instead of our beliefs, we've unwittingly laid the foundation for anxiety and depression to build permanent homes in our mental and emotional neighborhoods.

Ideas to Consider: Why We Need Beliefs

In his 2001 best-selling book, *Thinking Fast and Slow*, Nobel Prize winner Daniel Kahneman writes that “For some of our most important beliefs, we have no evidence at all, except that people we love and trust hold these beliefs. Considering how little we know, the confidence we have in our beliefs is preposterous—and it is also essential.”

One of the reasons beliefs are essential is that the human brain uses a whopping 20% of the body’s energy, even though it only makes up about 2% of an average adult’s body mass. Partly an evolutionary survival tool, beliefs allow our brains to maximize energy efficiency, serving as shortcuts for evaluating and making sense of our surroundings in a complex and ever-changing world.

Beliefs arise and develop through direct and indirect teachings from caregivers in childhood, cultural norms, lived experiences, new information, social influence and impactful events.

Ideally, our beliefs evolve continuously as we accumulate new knowledge and experiences in life. However, this usually isn’t the

case. More often than not, we retain long-held beliefs, even in the face of direct and factual contradiction to their validity. The reason: Humans crave stability.

Just as the more basic parts of the human brain are responsible for stabilizing and balancing critical functions in our body—like breathing, heart rate, blood pressure, body temperature, appetite and hormone levels—our beliefs help maintain a sort of mental stability and consistency in how we interpret and make sense of information about the world around us.

Beliefs provide a form of cognitive homeostasis. This means we're able to maintain a consistent outlook and approach to processing our experiences, rather than having our perspective drastically change every time we get new information. Beliefs operate to preserve a steady and enduring framework of thought that remains relatively undisturbed or disrupted by novel inputs.

Questioning Your Thoughts and Feelings

These pains you feel are messengers. Listen to them.

—Rumi

If you've ever been upset with something your child, significant other, or even you yourself have done, you've likely asked— with anger or disgust or despair— “What were you thinking?!” We ask based on our subconscious belief (which both science and spiritually now supports) that our thoughts play a big part in how we act. However, in this scenario, those thoughts aren't the only culprit. A more complete question would be: “What were you feeling and thinking?”

That's because thoughts and feelings exist on a continuum—not a straight path—with behavior. They move so seamlessly into the next that we often mistake one for the other. When a person separates the two, we tend to label them as either cold and antisocial (too much thinking, not enough feeling) or unstable and emotionally erratic (too much feeling, not enough thinking.)

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One of the analogies I created for myself to illustrate the tight connection between thoughts and feelings is that of a road trip. I imagine both feelings and thoughts as providing a set of directions.

Let's say thoughts direct us to hop on a five-lane highway with lots of other cars speeding by, changing lanes, and the occasional stop-and-go. While feeling directs us to take the scenic route, a single-lane road lined with trees, winding up and down hills and valleys. But here's the thing: neither is the actual destination!

Actions that align with our beliefs are where we're headed. Thoughts and feelings are just different ways to get there, both of which have their pros and cons. It's here, pulled over on the side of the road, that we get to:

- A. Choose our thoughts exclusively and ignore our feelings.
- B. Ignore our thoughts and act solely based on feelings.
- C. Pause, consider them both, and map a route that takes into consideration the inherent wisdom of each.

When we choose option C, we allow consideration and questioning of our thoughts and feelings to serve as a powerful

tool for overcoming chronic anxiety and depression. I've found that training myself to pause, get curious and ask questions induces three important byproducts.

#1: Pattern interruption

Whether you're caught in the grips of a disturbing thought or feeling part of the cycle, the goal is to stop holding on. Stop gripping your thoughts for dear life. Stop holding onto your feelings like they're a cozy, familiar blanket. Stop it all.

Think of the pattern interruption as the part of the road trip where you realize you're lost and the best course of action is to pull over and look at what Google Maps has to say.

#2: Creating space

Viktor Frankl, psychiatrist, Holocaust survivor and author of the book *Man's Search for Meaning*, famously concluded:

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Unfortunately, so many of us miss the part about having a choice in how we respond to life because we don't make the

space. Thankfully, stopping and asking questions automatically creates room for redirection, an alternate route that encompasses more than we may have previously considered.

#3: Grounding in reality

This isn't the place where I want to dive into the nature of reality. But I'm hoping that we can agree on reality existing in the present moment—not the past or the future. What's real or true is what's right now.

Just like in my road trip analogy, we can only plot a path to our destination based on the current location. Instead of trying to reroute based on where you were three miles (or months) ago, or where you'll be once you figure out how to get moving again, questioning your thoughts and feelings stops you. It demands that you look at what's real in the moment to move forward in earnest.

So the next time you find yourself stuck in an episode of high anxiety or deep depression, remember: stop, then ask yourself what you're thinking *and* feeling. From there, you'll be better positioned to decide how you can move forward,

understanding that you need both to get you out of anxiety or depression and into aligned action.

Ideas to Consider: Challenging the Belief about Mental Disorders as Chemical Imbalances

“Will six sessions of CBT, designed to target ‘unhelpful’ thinking styles, really be effective for someone who doesn’t know how they’re going to feed their family for another week? Antidepressants aren’t going to eradicate the relentless racial trauma a black man is surviving in a hostile workplace... Unsurprisingly, mindfulness isn’t helping children who are navigating poverty, peer pressure and competitive exam-driven school conditions, where bullying and social media harm are rife. I’m a psychologist – and I believe we’ve been told devastating lies about mental health.” **Dr. Sanah Ahsan**

The work of British psychiatrist, researcher, and professor Dr. Joanna Moncrieff challenges what she calls the disease-centered model for understanding mental disorders.

She contends that, by comparing the treatment for chronic depression to that of insulin for diabetes, both the profession of psychiatry at large and the pharmaceutical

industry have elevated and continue to champion a scientifically unsupported claim: chronic depression is caused by a chemical imbalance. She further challenges the claim that psychoactive prescription drugs successfully treat mental disorders by targeting a chemical imbalance in the brain.

Published in 2014 by Dr. Moncrieff and colleagues,

“The serotonin theory of depression: A systematic umbrella review of the evidence” skillfully challenges the widely-accepted cause-and-effect relationship between low serotonin levels and the prevalence of chronic depression. Speaking of the ground-breaking meta-analysis of, Dr. Moncrieff provides the following summary:

“We conducted a systematic umbrella review of the main areas of research on links between serotonin and depression, including research on serotonin levels, the main serotonin metabolite, serotonin receptors, the serotonin transporter, serotonin depletion studies and genetic studies. None of this research convincingly supported the theory that depression is caused by low serotonin. In

contrast, studies showed that experiencing adverse life events strongly predicted someone's chances of becoming depressed later in life. The findings should prompt a re-evaluation of the nature and value of antidepressants."

Dr. Moncrieff says that this approach only "medicalizes misery" by attempting to neatly classify the vast and complex nature of negative human experiences that are likely the root cause of mental illness (like childhood trauma, grief, economic distress or insecurity). Her work champions the idea of treating mental illnesses like anxiety and depression as human suffering that has roots in distressing personal, social, moral, and political environments.

"I do not think the majority of the situations that psychiatrists help to manage are diseases or illnesses, or things that arise from the physical body. I think they are better understood as forms of behavior that are unusual, sometimes irrational and unpredictable, and socially problematic for one reason or another. I am not convinced therefore that it is logical for them to be regarded as part of the terrain of medicine."

Books by Dr. Joanna Moncrieff

The Myth of the Chemical Cure: a critique of psychiatric drug treatment, Palgrave, 2008.

A Straight Talking Introduction to Psychiatric Drugs, PCCS Books, 2009.

The Bitterest Pills: the troubling story of antipsychotic drugs, Palgrave, 2013.

IT'S TIME TO UNLOCK A DAY-TO-DAY LIFE FILLED WITH CALM, CONNECTION, AND VITALITY.

In *Through You To You: Stepping Out of Anxiety and Depression & Into the Next Version of You*, you'll discover a transformative approach to freeing yourself from the chains of anxiety and depression using the power of your inherent mind-body-spirit connection.

Myeisha Thompson shares her personal journey of overcoming debilitating anxiety, depression, and PTSD, creating the Through You To You framework to provide readers with a simple-to-follow, customizable approach for healing from mental suffering on their own terms.

Pairing relatable anecdotes, research, and thoughtful insights, Through You To You invites readers to travel through their own unique internal environments with curiosity, compassion, and imagination towards a place of healing and everyday well-being.

The book offers practical strategies for replacing chronic anxiety and depression with peace, connection, and inspiration.



Myeisha Thompson is a licensed massage therapist, meditation and breathwork guide, and founder of Amani Massage & Wellness. Her practice is dedicated to sharing and providing holistic solutions for treating and healing anxiety, depression, and chronic pain. After 20 years of personal experience battling chronic anxiety, depression, and PTSD, struggling to find long-lasting relief through traditional treatments and one-size-fits-all natural remedies, Myeisha embarked on a path of introspection, self-discovery, and healing. Her work is driven by a passion for promoting mental, physical, and spiritual connection and balance as the foundation for sustained health and wellness.

In addition to her work in holistic health and wellness, Myeisha is an accomplished content strategist, digital marketer, and copywriter with more than 20 years of experience across various industries, including technology, finance, healthcare, as well as state and federal government.

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