



Mental Wellness: A Spiritual Journey

Hamdy El-Rayes

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Dr. El-Rayes presents a program of a systematic approach to healing from depression, anxiety, and addiction, and a path to mental wellness to create a much happier and more fulfilling life. Mental wellness goes beyond the concept of mental health -being free of a mental disorder. The program uses evidence-based practices and complements the medical services. It integrates the author's personal experience with the work of several renowned psychologists and psychiatrists, including Abraham Maslow, Aaron Beck, Victor Frankl, Thomas Hora, and others, as well as some of the ancient and contemporary philosophers. Dr. El-Rayes developed this program to help him heal and reach his potential. So far, the program has helped thousands of people. If you suffer from depression, anxiety, or addictions, this book will help you heal and guide you to become the best you. It will facilitate your self-transformation, and your journey to mental wellness. You will be able to learn more about yourself and discover the wonderful person you are, find your own way to spiritual growth, identify your life purpose, enjoy a meaningful and fulfilling life, and make a difference in the world.

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