

# Resources for Mental Health Management Acceptance Form

Just like Dorothy pulling back the curtain to reveal the Wizard, Dr. Bono demystifies the process of psychotherapy and gives a good glimpse into the important elements to consider before making a choice. It helps to make an informed decision easier.

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Executive Coach and Organizational Development Consultant

✓ **Yes**, Doctor Bono, I do want to take control of my health and well-being and be responsible for making wise choices regarding the mental health treatment options I have. I want to know what the major risks are when hiring a therapist and what all the fuss is about in the field. I want to know more about how emotional and behavioral problems are assessed and diagnosed and learn how to spot problems before they get out of hand. I want to know what my treatment options are and how I can choose the best therapist for me. I also want to master techniques for self-regulation that will help me to reduce or eliminate anxiety, depression, and insomnia.

Please rush me your book **Caveat Emptor, Let The Buyer Beware, A Consumers Guide To Mental Health Services.** In it I will learn why the Caveat Emptor warning is important for the wise consumer of mental health services. I will hear the argument against therapy from a major critic in the field who provides numerous examples from history of the horrors of past “mental health treatments”. I will also receive numerous examples of bad therapy reported to Dr. Bono first hand. I will also receive scientifically based research findings demonstrating the value of appropriate and effective therapy. I will learn about the major mental health professions and what they do and I will be given an inside glimpse into the workings of the major therapies provided today. I will also receive **Dr. Bono's Anti-Anxiety and Stress Relief Program** which contains useful information on stress management and self-regulation and will show me how to reduce or eliminate stress, anxiety and depression in my life. I will also receive detailed information on how to interview a therapist and what to look out for when making this choice.

I realize this information could save me much wasted time, money and resources with the wrong therapy or therapist. And since I ordering from this website I'm entitled to the following bonus.

Free stress check card that will instantly show me how much stress I have in my body .

These Resources For Mental Health Management could easily save me hundreds of dollars and many hours of wasted effort. It's probably worth many times the cost of \$39.95 in ebook downloadable formats, or \$49.95 in print and CD formats, but I have a full 12-month guarantee to check it out without any risk on my part. If for any reason I am not completely satisfied I can return the package for a full refund.

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Please note: These resources are sold for informational purposes only, and are not intended to substitute or replace competent medical care when you have a life threatening illness. You should consult with your physician if you find the information contained herein is at variance with your prescribed plan of care by your doctor.