



# I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction

By Steven M Melemis

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#### **About the Author**

Steven M. Melemis MD PhD is a leading authority in addiction and mood disorders. He is past Vice-Chair of Addiction Medicine for the Ontario Medical Association. Dr. Melemis has a post-doctoral fellowship from the University of California at Berkeley, and has received the honor of Fellow of the Royal Society of Medicine. He has lectured widely to the public and to health professionals, and has been interviewed for print, radio, and television.

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