

Brain Drain: New Book Explores Integrative Relationship Between Physical and Mental Health

POMONA, N.Y., Jan. 12 (SEND2PRESS NEWSWIRE) – Brain Drain (ISBN: 0984196307; 978-0984196302) authored by Charles F. Glassman, M.D., FACP, is a powerful new book that teaches people how to break free of their brains' automatic responses through understanding and controlling their mind/body connections.

Brain Drain was patient driven. Five years ago, Dr. Glassman founded the New York Center for Longevity and Wellness – its goal to take a comprehensive approach to medicine and to balance mind/body concepts with conventional medicine. Two years later, he began distributing a weekly, motivational e-mail message to patients and friends; its popularity quickly grew. As a result, he was prompted to turn his practical advice into a book.

The book offers a groundbreaking revelation that provides readers with the necessary tools to stop personal brain drain while helping them to find the things in life that are right for them. It explores many areas that include: how to get out of an unhappy relationship; how to improve overall physical health; how to increase energy; how to break free of bad habits; and much more.

Broken down into 19 chapters and three parts: The Automatic Brain; The Power of Our Mind; and Seven Days to Belief, Brain Drain connects the dots between mind, body, spirit and wellness.

Brain Drain recently won honorable mention at the prestigious New England Book Festival in the non-fiction category. It's 240 pages and available in hard cover for \$29.95 on Amazon.com and at: www.CharlesGlassmanMD.com.

About the Author:

Dr. Charles Glassman's internal medicine practice in Pomona, NY emphasizes wellness and prevention. He is patient focused rather than problem focused; and driven to provide health care rather than sick care.

A Fellow of the American College of Physicians and a member of the American Academy of Anti-Aging Medicine, and the Life Extension Foundation, his approach to medicine is integrative – using traditionally-approved methods while recognizing the power of unconventional therapies. He is consistently voted a "Top Doctor" in Hudson Valley Magazine and New York Metro.

Dr. Glassman has appeared on ABC News, Bloomberg Radio, National Public Radio and The Wall Street Journal Radio. He has had numerous health care articles appear in The New York Times and other publications, and is quickly becoming a leading medical community expert on mind/body/spirit concerning the physician-patient relationship.

He lives in Rockland County, New York with his wife Melanie and their four children (and dog, Ginger).

To sign up for a free weekly message newsletter, and for a free sample chapter, visit: www.CharlesGlassmanMD.com.

News issued by: Charles F. Glassman, M.D.



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