

# The Unseen Epidemic Facing Women in America

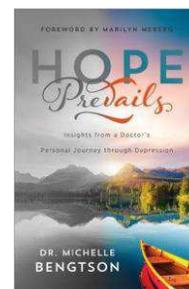
*Neuropsychologist Who Successfully Battled Depression  
Hands Women the Keys to Freedom*

According to the CDC, over 18 million American adults suffer from depression each year.<sup>i</sup> This problem affects 1 out of every 10 adults.<sup>ii</sup> and the number of individuals diagnosed is projected to increase by 20% each year!<sup>iii</sup> Depression can strike anyone - even doctors aren't immune.

After treating patients for over 20 years as a board-certified neuropsychologist, Dr. Michelle Bengtson suffered her own bout of clinical depression. She understands the pain and despair that women feel. But, she learned how to overcome depression's grip and walk victorious. Since then, Dr. Bengtson has helped hundreds of women limit depression's power over their minds and recover the life they used to enjoy.

Dr. Bengtson is the author of "*Hope Prevails: Insights From a Doctor's Personal Journey Through Depression.*" Her personal experience and professional expertise reveal the unseen issues that keep women chained in despair, while handing readers the keys to freedom. Even though someone may seem hostage to depression, it never has to be the final destination. Dr. Bengtson is an expert at helping women address the following concerns:

- How to identify the early warning signs of depression.
- Know when to seek help and who to ask.
- Tips for teaching loved ones how to help someone battling depression.
- Provide assurance that victory over depression is always possible – from someone's who's been through it.



**Dr. Michelle Bengtson** (PhD, *Nova Southeastern University*) has been a neuropsychologist for more than twenty years. She interned at the *University of Oklahoma* with "The Father of Neuropsychology," Dr. Oscar Parsons, and completed postdoctoral training at both the *Henry Ford Hospital* and the *University of Alabama Health Sciences Center*. She lives in the Dallas/Fort Worth area with her husband, their two sons, and three dogs. Learn more at: [www.drnichellebengtson.com](http://www.drnichellebengtson.com)

*Hope Prevails: Insights From a Doctor's Personal Journey Through Depression*

Dr. Michelle Bengtson

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<sup>i</sup> <http://www.cdc.gov/workplacehealthpromotion/evaluation/topics/depression.html>

<sup>ii</sup> <http://www.healthline.com/health/depression/statistics-infographic>

<sup>iii</sup> <http://www.healthline.com/health/depression/statistics-infographic>