

Madisyn Taylor was plagued by depression and anxiety, suffering from chronic physical problems that left her desperate for solutions. Spending decades searching for answers, she first turned to the medical community, which put her on a roller coaster course of numerous doctors, tests, and an unhealthy reliance on medications that left her numb and lifeless.

With her happiness and future on the line, she then made the decision to become unmedicated, reaching out to the natural, holistic health realm. And after years of practice and research, Madisyn developed an integrative wellness program that put her back in the driver's seat of her health, and ultimately, her life.

Unmedicated is her thoughtful account of how she broke free from binding mental chains and physical ailments to be happy, healthy, and productive; it is also a guide for you to apply her practical techniques to your own healing journey. Madisyn offers a daily program of easy-to-follow actions based on four pillars that will build a lifelong foundation for health: clear your mind; strengthen your body; nurture your spirit; and find your tribe.

Madisyn Taylor is the cofounder, editor-in-chief, and content curator of the popular inspirational website and daily email newsletter, *DailyOM*. A recognized leader in self-help and new thought spirituality, she has more than twenty-five years of experience in personal development and alternative healing methodologies.

READ BY THE AUTHOR



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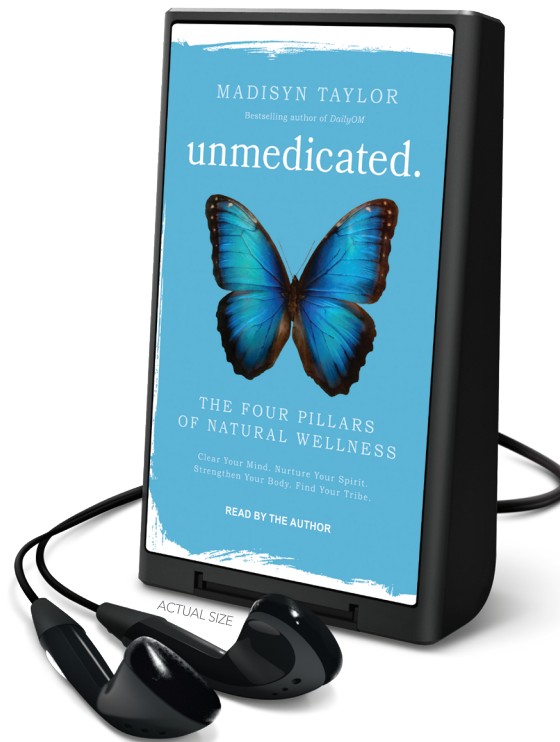
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