

A.B. Curtiss

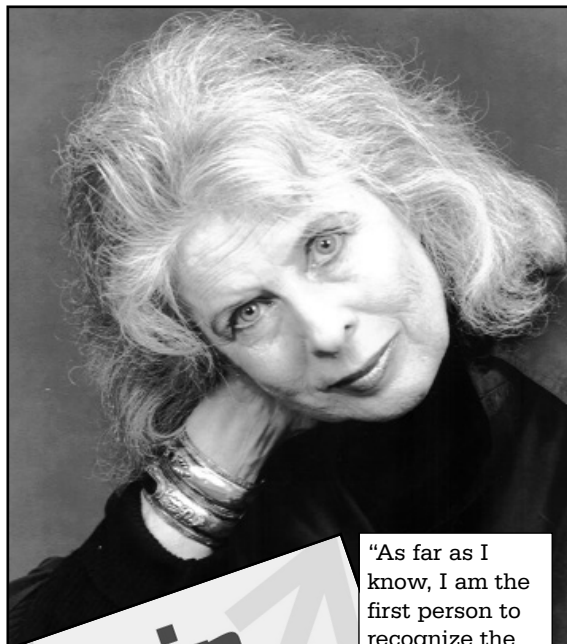
cognitive therapist, author, depression expert

A. B. Curtiss is a board-certified cognitive behavioral therapist, a licensed marriage-family therapist, a certified hypnotist and a lecturer on self-awareness, Directed Thinking and Brainswitching -- a system of mind tricks and awareness training to get out of depression.

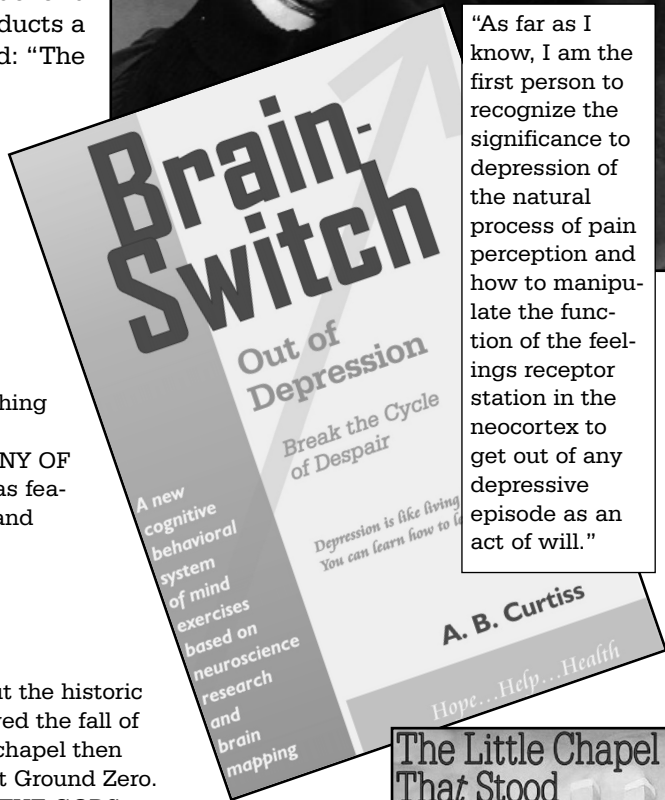
Curtiss has been a featured author for Roundtable West, in Los Angeles, a featured author and panelist for Much Ado About Books in Jacksonville, Florida, has been interviewed on numerous radio talk shows, has lectured and done workshops for OASIS, Healing Hands School of Holistic Health, the American Association for University Women, the California Council on Family Relations, the National Association of Forensic Counselors and the California Retired Teacher's Association, among others. Curtiss also conducts a popular program in elementary schools titled: "The Two Brains and Your Creative Imagination."

BOOKS BY A. B. CURTISS:

- **BRAINSWITCH OUT OF DEPRESSION: BREAK THE CYCLE OF DESPAIR** (Healthworks)
"We need to understand and treat depression neuroscientifically for the biochemical event that it is."
- **DEPRESSION IS A CHOICE: WINNING THE BATTLE WITHOUT DRUGS** (Hyperion)
"Depression is not something you are, it's something you DO. You can learn not to do it."
- Curtiss's first children's book, **IN THE COMPANY OF BEARS** won a 1994 Benjamin Franklin Award, was featured on a PBS-TV reading enrichment program and appeared on the ABC World of Discovery.
- **HALLELUJAH, A CAT COMES BACK**
- **LEGEND OF THE GIANT PANDA**
- **TIME OF THE WILD**
- **A TRAIN YOU NEVER SAW**
- **THE LITTLE CHAPEL THAT STOOD** tells about the historic chapel in New York City that miraculously survived the fall of the Twin Towers less than 100 yards away. The chapel then became a service depot for the rescue workers at Ground Zero.
- The author's first adult fiction, **CHILDREN OF THE GODS**, won a 1995 San Diego Book Award.



"As far as I know, I am the first person to recognize the significance to depression of the natural process of pain perception and how to manipulate the function of the feelings receptor station in the neocortex to get out of any depressive episode as an act of will."



The Little Chapel That Stood



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