

3-11-77

Dear Mr. Dean Kraft,

I have been seeing you since Oct. 19. 1976. At that time I had been going through almost seven years of depression. I was on medication and was under the care of Dr. Termine. I tried many times to help myself. First it was Transcendental Meditation for three years, then into psychiatry for one year with Dr. Cassino and two years at The Nassau Mental Health Center taking mega vitamins. None of these helped I felt I was living in darkness, never to see the light again. I wanted to die.

Since seeing you I started getting better at first progress was slow so I started seeing you more than once a week. Things started to pick up. I would wake up some days and feel happy to be alive. After a while these days were happening four or five times a week. I decided in February to finally do the one thing I've been wanting to do many times, but failed many times and that was to stop the antidepressent medication. Well its been seven week since I've taken a pill and I feel great.

I thank God for all the help You have given me. I am grateful for your kindness and understanding.

Sincerely,

Marilyn Engler  
8385 Woodhove Blvd  
Woodhove N.Y. 11421

As of Jan 1993  
lt has been 15 years  
since she took her  
last antidepressant