I don't believe people are depressed in America anymore. The more I learn about stress, depression, and other negative emotions, the more I realize that there's an innate ability within the body to heal itself. And what we're trying to do is help a person get out of their way so the body can do its work.

Ellie: From your perspective, why is the process on constancy in flux.

Lee: The medical problem is never serious.

Ellie: How do you know when you've found out something.

Lee: You run one-day and week-long workshops for physicians and their families. How do you choose the contents.

Ellie: You're a perfectionist, right.

Lee: I run a study of personality scales and ways of looking at perfectionism and work problems. You run one-day and week-long workshops for physicians and their families. How do you choose the contents.

Ellie: What if the medical problem is more serious.

Lee: A recent survey by the American College of Physician Executives showed that approximately 40 percent of physicians are driven, stressed-out people. That was the only reason we could find why someone who did something else and was not a perfectionist was on a medical program.

Ellie: What are some of the tools you might use.

Lee: First I run a person through personality scales and ways of looking at perfectionism and work problems. You run one-day and week-long workshops for physicians and their families. How do you choose the contents.

Ellie: For Information on Lee's Health Professional Program, please call 1-800-769-0638 or go to www.healthclassics.com.