

# Stanford

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## Jacob Towery

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### Bio

#### BIO

Jacob Towery, MD is an adolescent and adult psychiatrist in private practice in Palo Alto, California. He attended Duke University for his undergraduate studies, University of Virginia for medical school, and Stanford for his residency in adult psychiatry and fellowship in adolescent psychiatry. He is the author of "The Anti-Depressant Book," available on Amazon. He currently serves on the Adjunct Faculty at Stanford University School of Medicine. He enjoys seeing patients, snowboarding, scuba diving, traveling, reading fantasy novels, meditating, spending quality time with other humans, making gratuitously long lists, and writing about himself in the third person. More information can be found at [www.jacobtowerymd.com](http://www.jacobtowerymd.com)