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Coping with Depression: The No Nonsense Handbook For Overcoming Depression & Feeling Happy Again

Miranda Johansen

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No Fluff, Just The Most Powerful Facts About Coping With and Overcoming Depression From Someone Who Has Been There

After months or years of suffering from it, depression feels like drowning in a sea of numb despair. I know this firsthand. After a while, spending countless hours reading internet forums and consulting the DSM is just going to have you spinning your wheels and feeling increasingly hopeless.

You need an easy to read guide that gets straight to the raw facts about the most effective lifestyle changes and treatments you can start implementing today, with no exceptions. This book WILL be that guide for you!

A Few of the Things You'll Discover In This Book:

- Precisely how to characterize the extent of your depression (this is VITAL)
- Exactly why and how exercise holds one of the keys to recovery, and how to overcome common excuses for not engaging in it
- How Serotonin levels, Vitamin B & Essential Fats form an extremely important trifecta in in recovery, and how to most efficiently get them into your diet
- Three of the most powerful and commonly-overlooked benefits of touch and bodywork (this stuff is fascinating!)
- Why and how Cognitive Behavioral Therapy can be totally life-changing
- And more!

It's time to end your feedback loop of suffering and start down a productive path to recovery RIGHT NOW. Pick up your copy today!
Tags: coping with depression, overcoming depression, coping with low mood, overcoming low mood, dealing with depression

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