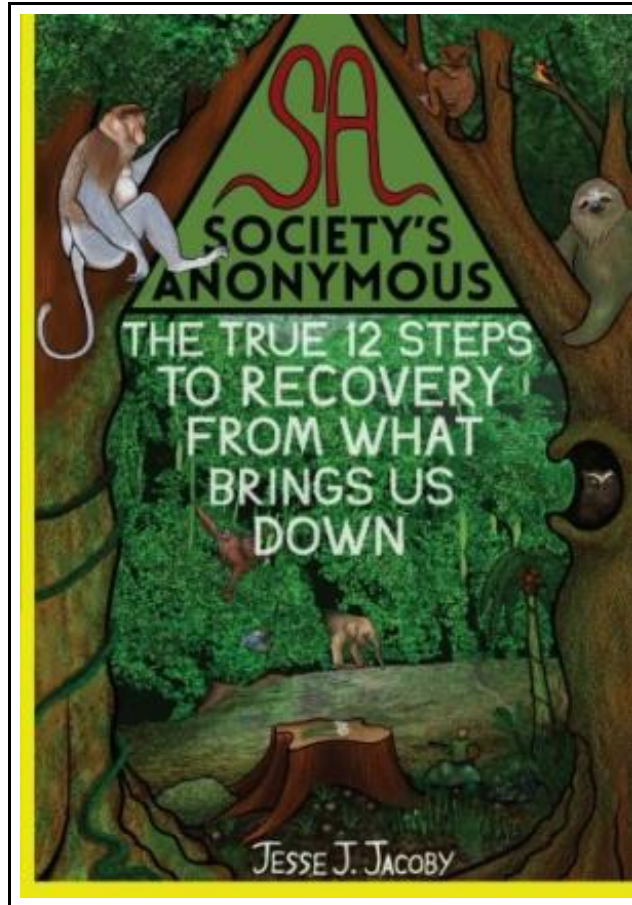


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Soulspire, United States, 2014. Paperback. Condition: New. MR Jalen S Jacoby, MS Emily Kostelny (illustrator). Language: English . Brand New Book ***** Print on Demand *****. At this moment, one in every ten Americans is experiencing what is known as depression; and each year the diagnosis rate increases by twenty percent. On average, someone commits suicide every thirteen minutes in the United States, making it the tenth leading cause of death. All over the world society struggles with mental health conditions. While most doctors, practitioners, and psychiatrists continue to prescribe drugs to treat symptoms of sadness, they fail to address the root problems that generate this disharmony. We are not simply depressed. We are experiencing the symptoms of being inactive. We are feeling the side effects of drinking excessive amounts of alcohol; eating overloads of processed and genetically modified (GMOs) foods; ingesting too many prescription drugs; overexposure to chemicals; playing the role of the victim who was dealt the wrong hand by biology and genetics; severe dehydration; smoking cigarettes; and trading our happiness for dollar values. We harbor lousy attitudes, carry pessimistic views, and have a distorted perception of reality. We trade nourishment for convenience and fill our bellies with meals that often do not contain real food. We do not drink enough water. We are consumed by a fast-paced world, and trapped in an illusion of prosperity and wealth. We are being deceived by powerful industries that rely on our misfortunes, so-called depression, and weaknesses in order for them to accumulate staggering increases in profits annually. The mainstream media refuses to empower us by hiding relevant issues surrounding our health, and brainwashing us with mistruths and propaganda provided by corporations that are exploiting us for revenue. We are watching life pass us by while failing to truly live. In...



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