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Miracles, Momentum and Manifestation: Breakdown to Breakthrough (Paperback)

By Mary Canty Merrill Phd

MCA Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Depression can cripple us; miracles will save us! It doesn't take a degree in Psychology to realize you are wrapped in the throes of depression. If you have ever suffered, take heart as you read the journey of Mary Canty Merrill in finding powerful ways of managing her most difficult emotions and life experiences. Roughly nine percent of American adults - from all walks of life - now suffer from some form of depression. Mary's poignant story, Breakdown to Breakthrough offers the miracles which come from delving into insightful lessons - where the author demonstrates her path of side-stepping certain mental habits that once led her to despair and self-blame. Greater resilience is indeed her reward - and can be yours for the reading. It is with great vulnerability that Mary shares her Back Story and as one who has suffered and become educated on the illness, her Ph.D. certainly qualifies there to speak frankly and freely about topics such as Repressed Feelings, Psychotherapy, Breakdowns, Breakthroughs. treatments, causes, and treatment options. The story is not...



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Reviews

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