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## One Woman's Private Life Shared: You Are Not Alone: Depression, Stress, Anxiety, Grief.#how I've Got Through the Cr\*p & Found Success & Happy Days (Paperback)

By Nikki K Fuller

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. ARE YOU CRYING OUT FOR HELP? The good news is you've found not only it BUT A FRIEND.Has depression or grief weighed you down? Have you things you want to do, but not sure how to get there? Would you like to start feeling better in yourself and fulfil your full potential, then this book is FOR YOU!HAVE YOU BEEN THROUGH THE MILL? ARE YOU DEPRESSED? GRIEVING? FIGHTING TO FIND YOURSELF, HAPPINESS & SUCCESS?Maybe you are struggling with motherhood? They say it's a natural thing but for many it is not and depression can take its toll. YOU ARE NOT ALONE.Maybe you have unexpectedly lost someone close? And are looking for answers and ways to ease the pain.YOU ARE NOT ALONE.Why do bad things keep happening to you? YOU ARE NOT ALONE.Maybe you know you can be successful or want to have your own business, but you keep getting knocked down? YOU ARE NOT ALONE.And because you are not alone, sharing is a way to help each other.One Woman's PRIVATE LIFE "SHARED" is a warm and approachable short read. Like a handbook or a hand...



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