



## Climbing Out of Depression: A Practical Guide to Real and Immediate Help

By Sue Atkinson

Tarcher. Paperback / softback. Book Condition: new. BRAND NEW, Climbing Out of Depression: A Practical Guide to Real and Immediate Help, Sue Atkinson, A warm, simple, and practical guide to real and immediate help for those lost in the darkness of depression written by someone who has experienced it and found a way out. According to the National Institute of Mental Health, more than 17 million Americans suffer from depression. For many of these millions, climbing back out of the pit of gloom seems almost impossible. Depression often leaves its victims feeling paralyzed, numb, and alone. "Climbing Out of Depression" is a guide for everyone who is looking for practical help. Unlike clinical books that approach depression from a theoretical, academic viewpoint, what makes this book distinctive is the fact that the author herself has suffered from depression for many years. Atkinson does not write as an expert, or as a depression counselor, but as someone who knows the feelings from close personal experience. "Climbing Out of Depression" is a handbook to offer immediate help for the mind, the body, and with the author's gentle spiritual touch also the soul. Topics covered in "Climbing Out of Depression" include the causes of depression; how...



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*Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

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