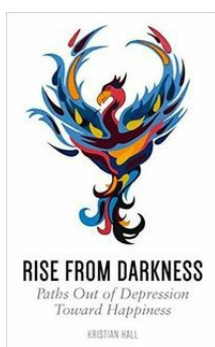


RISE FROM DARKNESS

There are many self-help books about overcoming depression. This one is special; it is not written by an academic, but by a person who overcame his own depression by following the techniques in this book. This means that people suffering from depression will find themselves being able to identify with the author and the text. This book was written by someone who really understands how...



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Rise from Darkness

Author	Kristian Hall
Original Book Format	Paperback
Number of Pages	192 pages
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Reader's Opinions

If you, or someone you know is suffering from depression, Rise from Darkness may be the resource you are searching for. This is a book that is easily read and understood, and which appears to address many issues. I...

This self-help book, translated from the Norwegian into simple, clear English, was written by someone who overcame his own long-term depression. It is unique inasmuch as it does not proselytize one specific method, though it stresses using cognitive behavioral therapy and positive psychology techniques, but borrows from a range of techniques,...