



30 Days to Reduce Depression: A Mindfulness Program with a Touch of Humor (Paperback)

By Corin Devaso, Logan Tindell, Harper Daniels

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. If you are currently experiencing depression, or have regularly faced depression in the past, you're not alone. You may be surprised how many people experience some level of depression; but you may also be surprised how many people make the mistake of identifying with their depressive experience. Mindfulness can be an immense help in awakening the mind to see that depression is an experience apart from one's identity and present moment happiness. Don't let depression impact your life any longer. This mindfulness guide will help you to reduce depression so that you can live your best life possible in the present moment. This 30 day mindfulness program will help guide you into present moment awareness, where depression can be reduced. You'll discover that you're not identified, controlled, or fated by the experience of depression. The time to be aware, happy, and awakened is now. (Checkout more of our mindfulness guides at . Don't forget to leave a review and share with those you love!) ***** Mindfulness is a practice that has been around for ages, and has effectively changed the lives of many, especially while joined with cognitive behavioral therapy (CBT). The exercises...



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