



## Natural Cures for Depression

By M Usman, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Natural Cures for Depression Table of Contents Getting Started Chapter # 1: Introduction Chapter # 2: Self-Diagnosis Chapter # 3: Types of Depressions Chapter # 4: Teen Depression Understanding Depression Chapter # 1: Causes of Depression Chapter # 2: How common is Depression? Treatments for Depression Chapter # 1: Exercise Chapter # 2: Get outside more Chapter # 3: Diet Chapter # 4: St. John s Wort Chapter # 5: Meditation Chapter # 6: Other Remedies Chapter # 7: Untreated Depression Conclusion References Getting Started Chapter # 1: Introduction Depression is one of the most common mental disorders known to man. Everyone uses the word depression almost every day; people have started using it as an abbreviation for their everyday glitches and fatigues. For instance a person usually says, I m depressed when in reality he/she means, I m exhausted and angry because I lost my job. For most cases, there is not much to worry about as these are the ups and downs of life, which everyone has to face at some point, but...



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