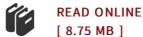




## Defeating Depression: Daily Steps to Defeat the Negative Voices Within

By Sam Gupta

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Defeating Depression is an irreverent and heartfelt look at how we can fight and defeat the disease that is depression. In this book, Sam Gupta explores the various facets behind the illness and offers what has worked for him. Among the topics are: Famous depressed people and how they overcame the illness The two different types of depression Mood altering foods and herbs Movie scene metaphors for depression Why you should avoid people who don t understand depression Diet and exercise tips The lethality of prolonged depression Steps and personal anecdotes on what has worked for the author tags: Depression, depression 20, depression after childbirth, depression after having a baby, depression age america, depression and antidepressants, depression and anxiety, depression and diet, depression and loneline, depression and lonliness, depression and medications, depression and men, depression and mental illness, depression and self help, depression and suicide, depression and suicidial thoughts, depression and suicide, depression and unemployment, depepression anxiety, deeression smptoms mental health psychosis nervous breakdown mental illeness mental breakdown, depression cake, cdepressn christian healing, depressuion cure, depression cure advantage,...



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-- Kacie Schroeder

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