



Maximum Mental Health: Overcome Depression, Anxiety and Other Mental Illnesses with 20 Principles for Happier and Healthier Living (Paperback)

By MR Aleks George Srbinoski

Fulfilling Happiness Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are a passionate self improvement enthusiast, or someone currently seeking strategies to overcome depression, anxiety or a related mental health condition, the 20 principles revealed will put you on a clear path to greater happiness and health. There has never been a greater need for this anxiety and depression self help manual. In most Western countries, up to 45 of people experience a mental illness condition. 25 of people will require depression help or anxiety management and relief. Over 50 of the population suffers from high stress. Over 50 of people are overweight. Over 50 of people will separate from their long-term partner. Don't be another statistic! Based on real-world results gained from a decade of clinical consulting and research experience, Maximum Mental Health outlines how you can overcome depression and anxiety and enhance every major area of life. With 3 free mindfulness meditation recordings to download as an additional bonus, now is the perfect time to maximize your mental health. Contents include: The Principles of Increasing Motivation Behavior is King: Revealing the...



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