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Power Guide to Beating Depression (Paperback)

By Bijal Shah

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Bijal Shah s Power Guide to Beating Depression is an easy-to-understand instant guide to depression and its various forms including clinical depression, bipolar (or manic) depression , postpartum depression and dysthymia. Packed with real life stories as well as celebrity biographies, it leaves readers with a sense that they are not alone in their struggle and that there is hope of life after depression. Power Guide to Beating Depression, is a super helpful book on raising your awareness on the subject, understanding it and learning about the various therapies and treatments applied to overcome depression. Incredibly insightful and comprehensive, this guide is essential for anyone who is struggling with depression. Bijal Shah s Power Guide to Beating Depression is an easy-to-understand instant guide to depression and its various forms including clinical depression, bipolar (or manic) depression , postpartum depression and dysthymia. Packed with real life stories as well as celebrity biographies, it leaves readers with a sense that they are not alone in their struggle and that there is hope of life after depression. Power Guide to Beating...



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