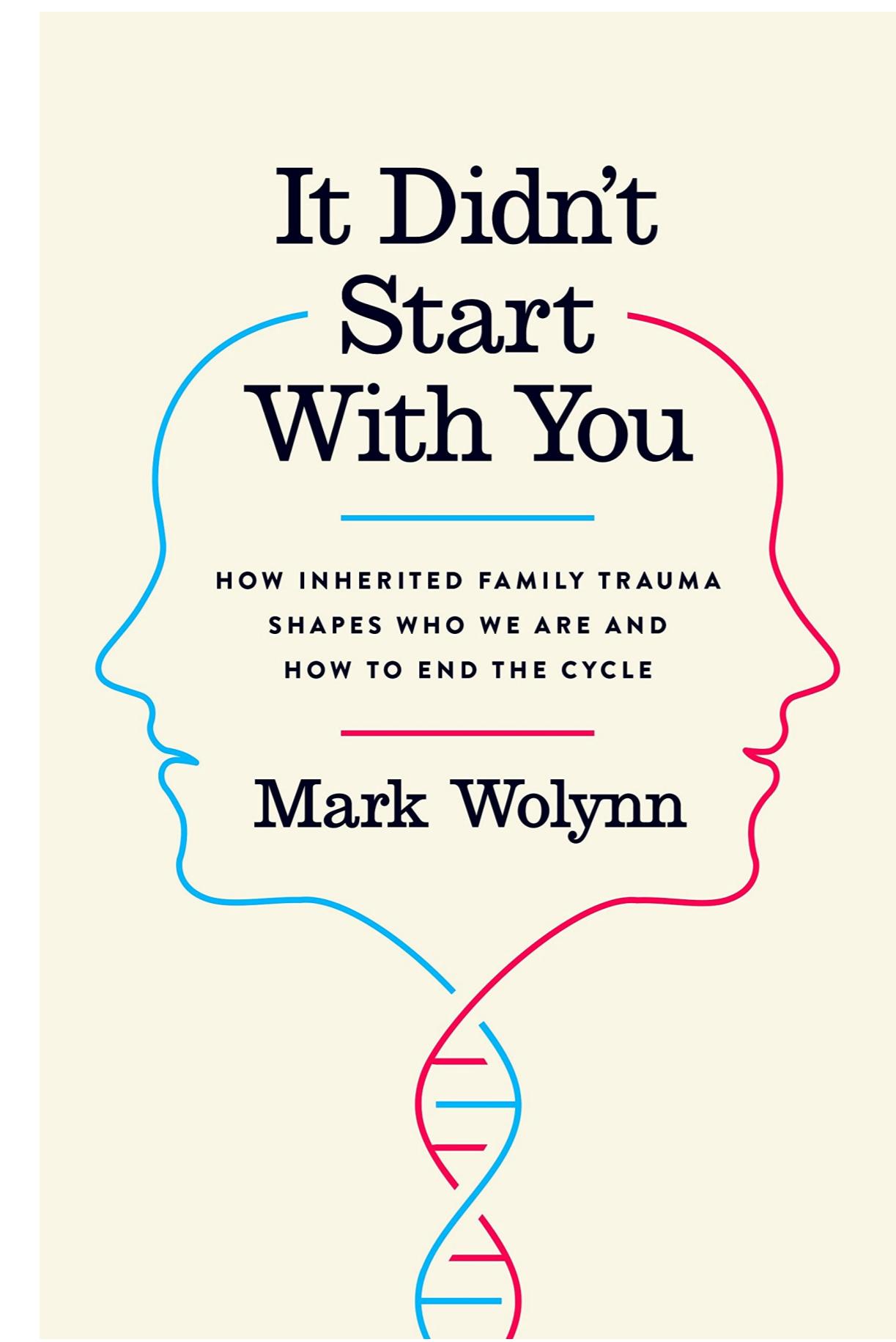
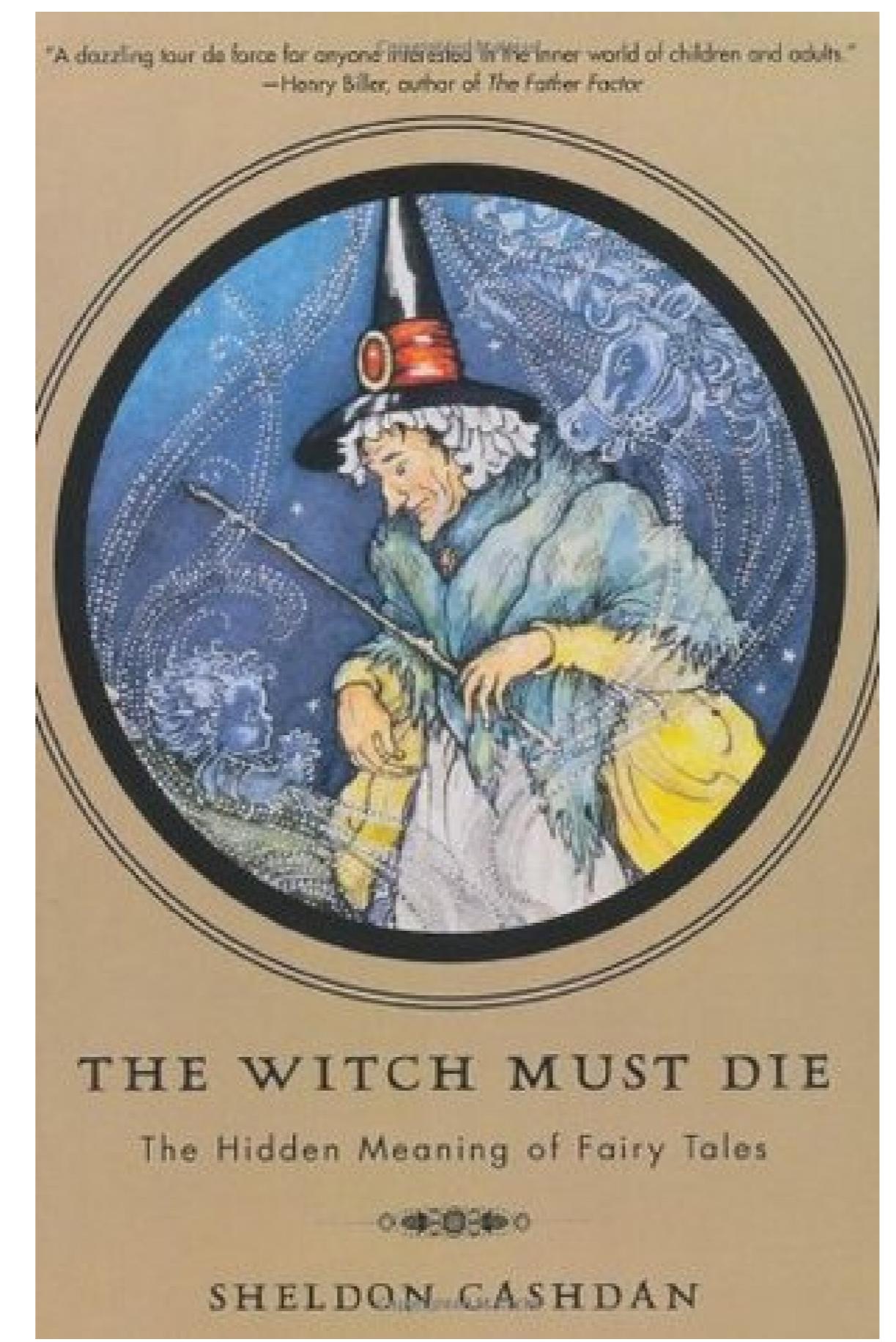


<https://thedepressionproject.com/school/books/this-is-how-you-overcome-depression>



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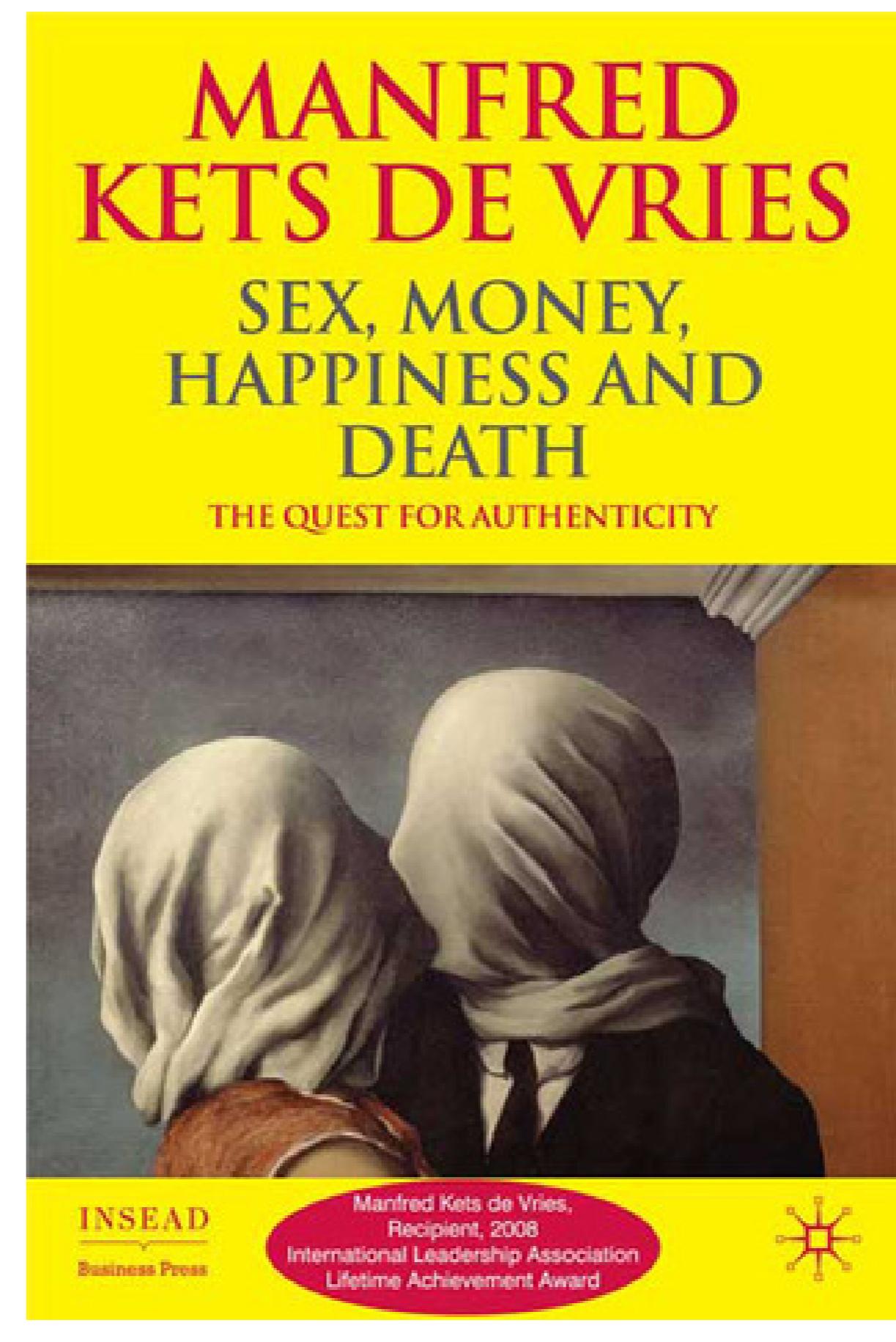


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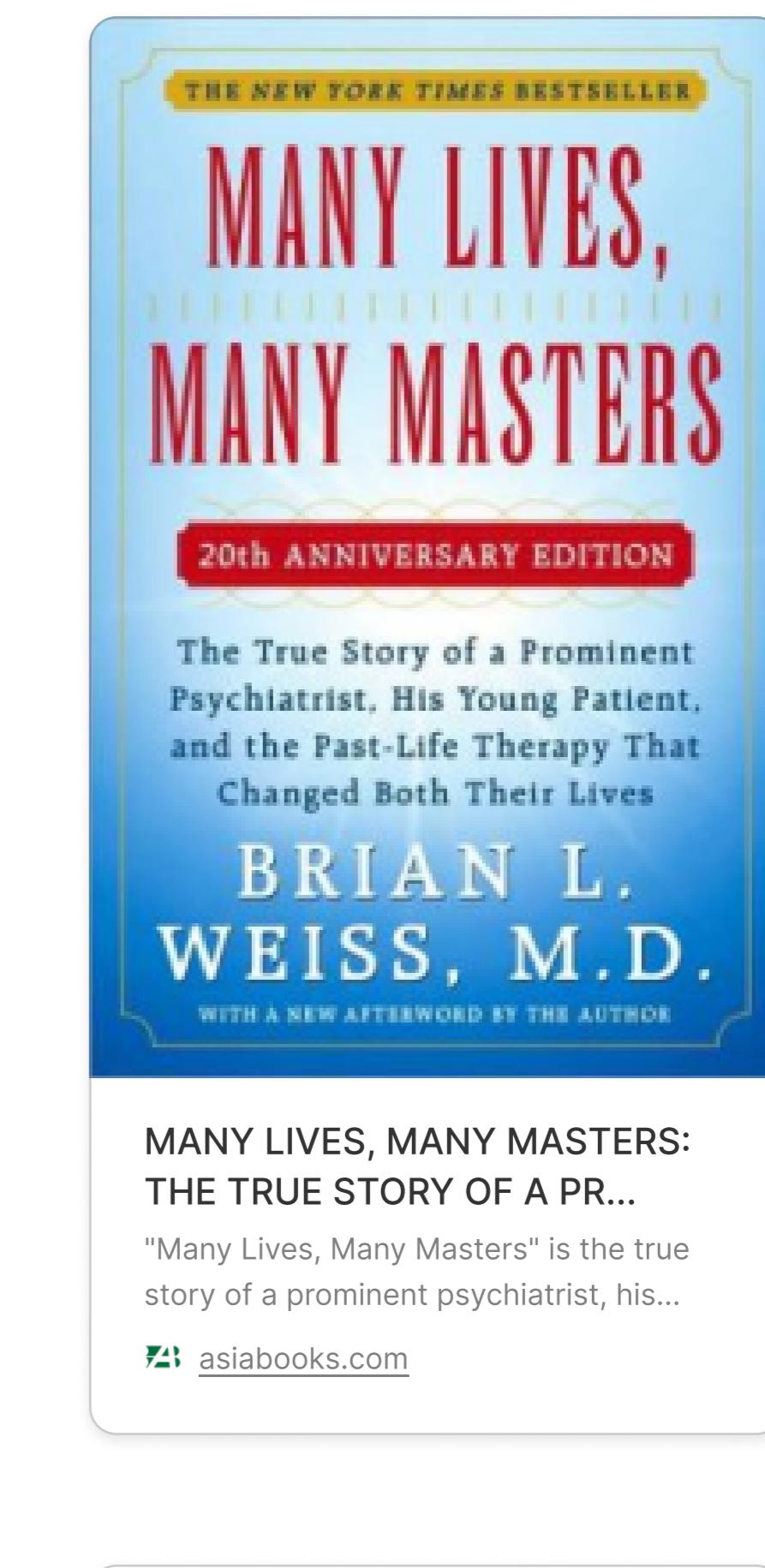


7 Things to Remember When You Feel Broken, Left Out, & Abandoned

MIZI WAHID

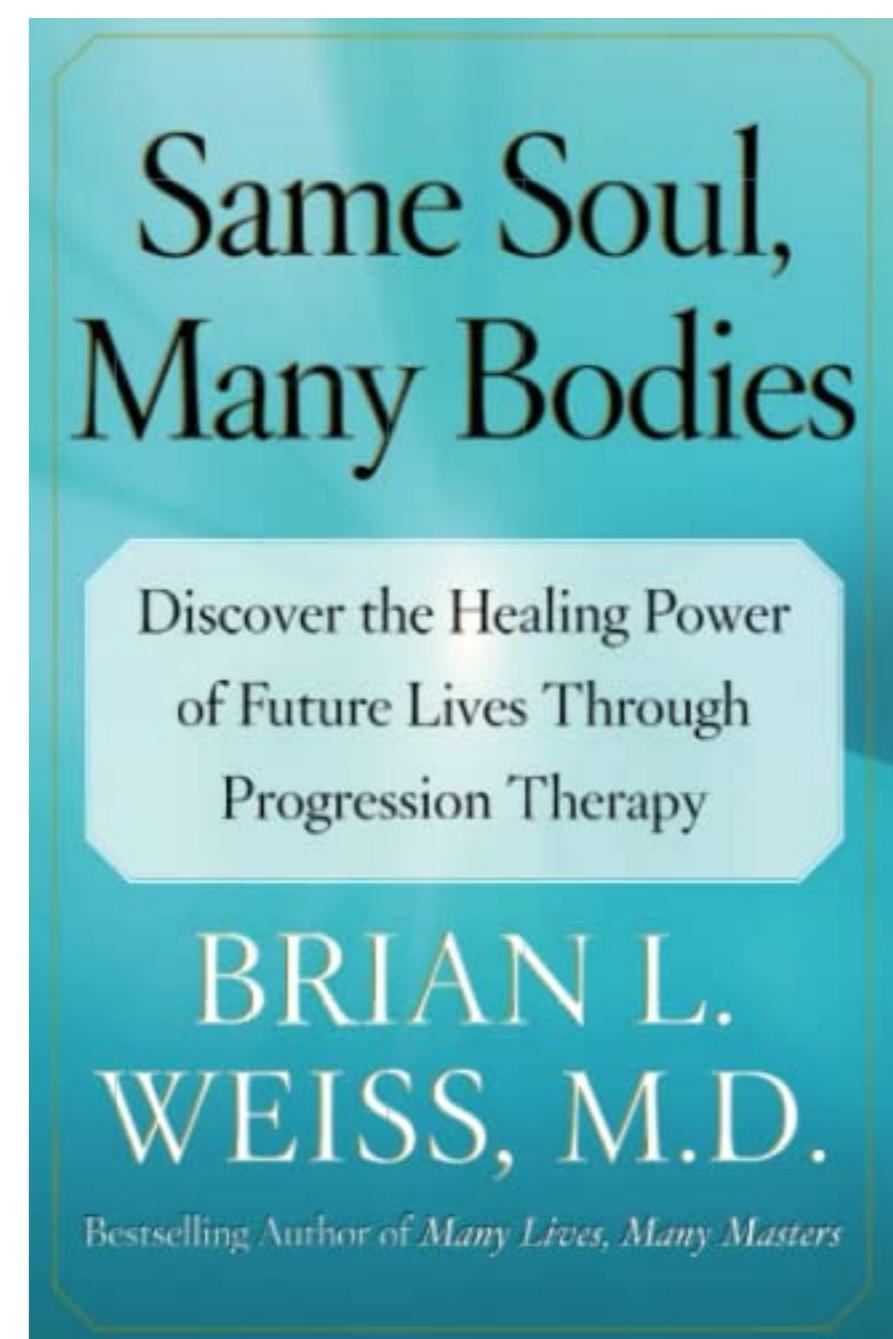


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Manfred Kets de Weis, Recipient 2008 International Leadership Association Lifetime Achievement Award



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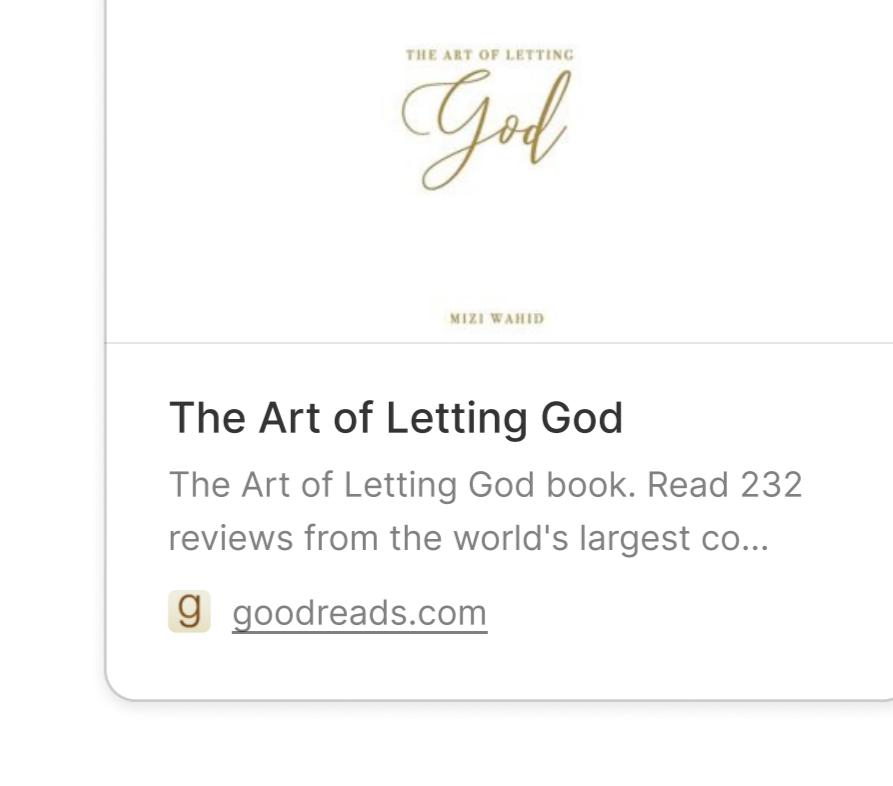


Discover the Healing Power of Future Lives Through Progression Therapy

BRIAN L. WEISS, M.D.

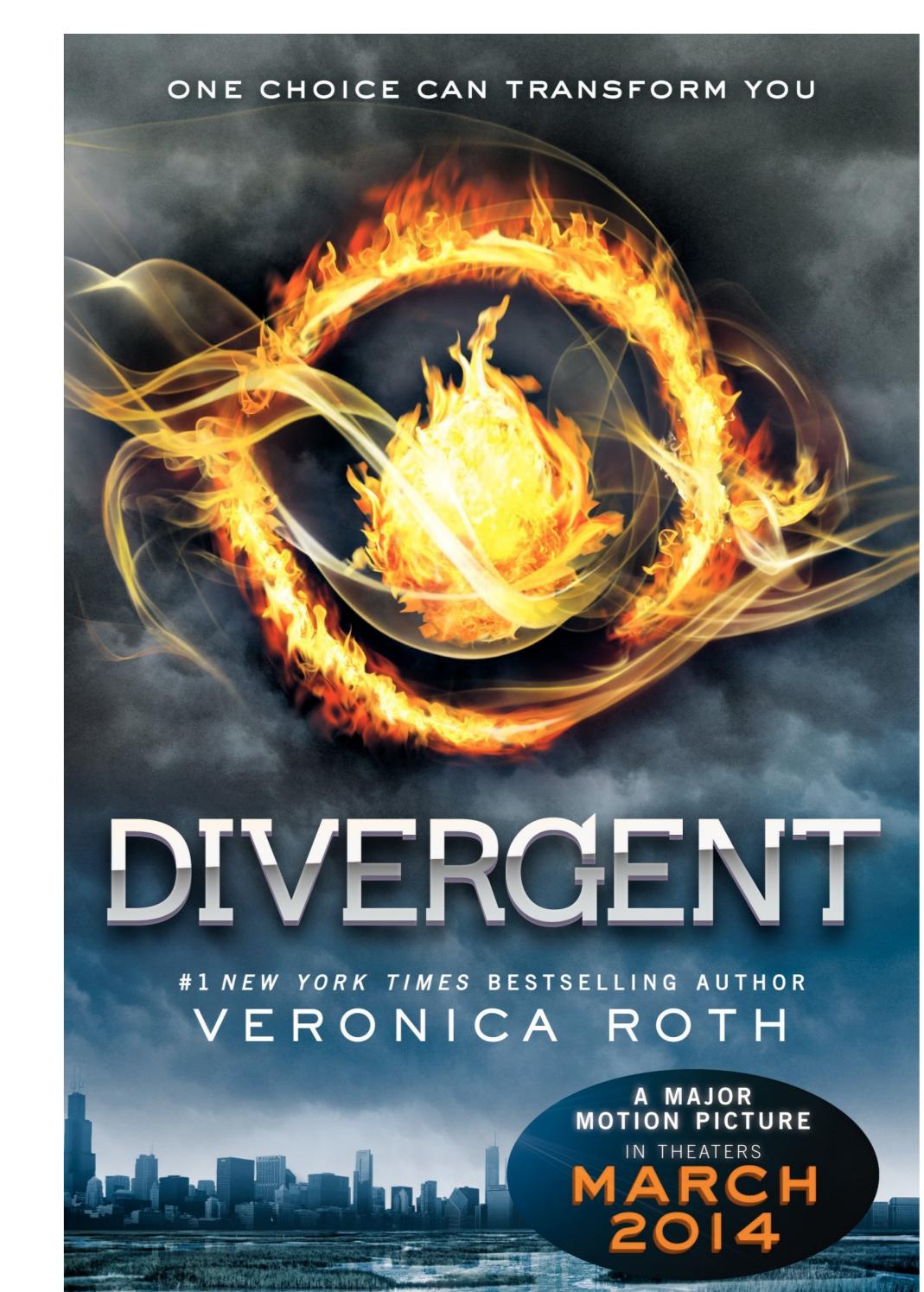
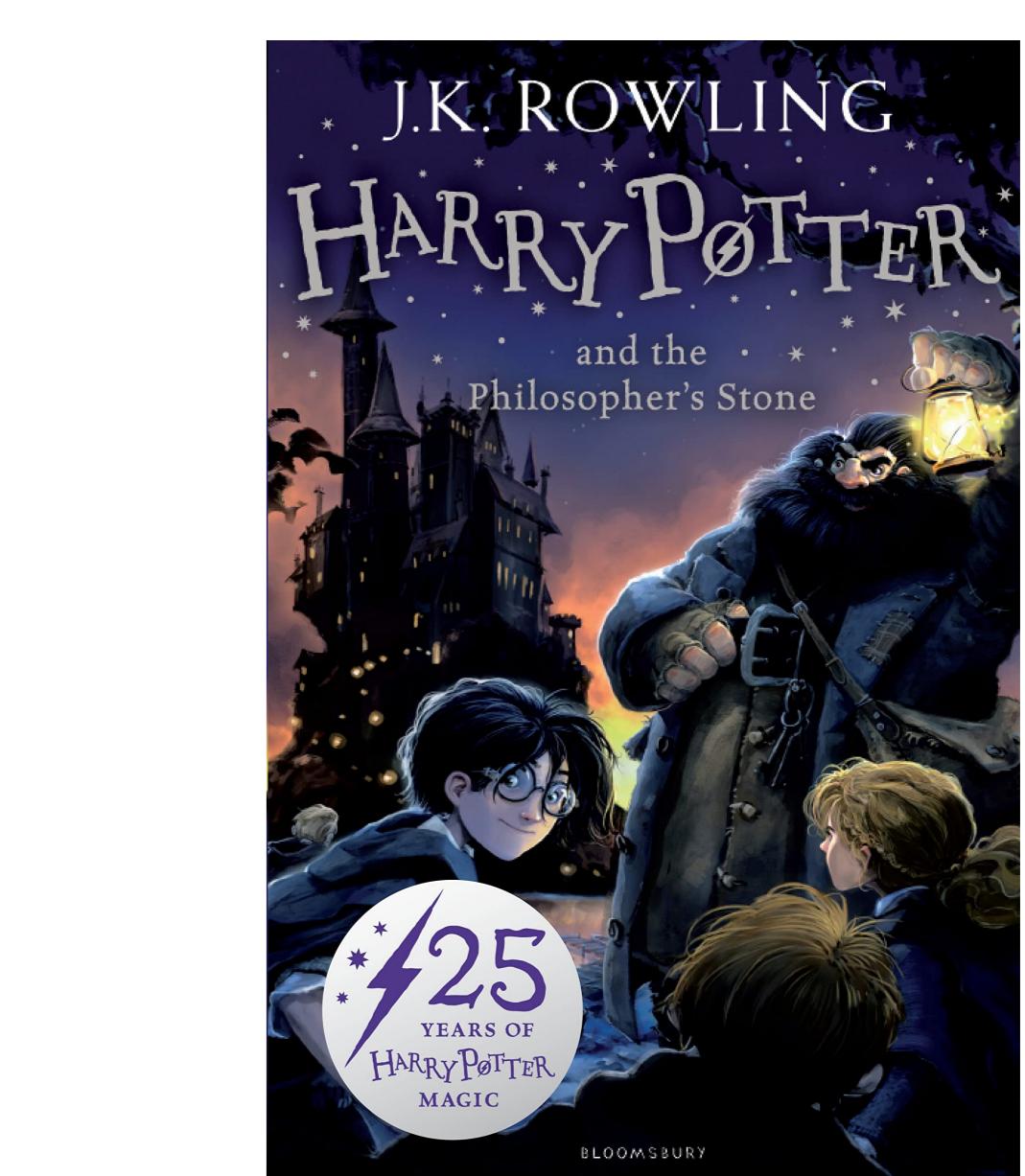
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- ### NON FICTION
- It Didn't Start With You, Mark Wolynn
  - This is How you Overcome Depression, Mathew Baker
  - The Art of Letting God, Mizi Wahid
  - You are Loved, Mizi Wahid
  - The Witch Must Die, Sheldon Cashdan
  - Sex, Money, Happiness and Death, Manfred Kets De Vries
  - Many Lives, Many Masters, Brian L. Weiss, MD
  - 天上总有云但你才是天空, 刘轩
  - 世界上最快乐的人, The Joy of Living unlocking the secret and Science of Happiness, 咏给 • 明就仁波切
  - 你的感受不是你的感受, Oshima Nobuyori
  - 转念的力量, 赖佩霞
  - The Subtle Art of Not giving a F\*ck, Mark Manson
  - 四句话变幸福! 實現奇蹟人生的荷歐波諾波諾, 修. 藍博士 たった4つの言葉で幸せになれる!心が楽になるホ・オポノポノの教え
  - 三分钟未来日记, 山田弘美

- ### FUTURE BOOKS TO STUDY
- Abnormal Psychology
  - Interactional Psychotherapy
  - Object Relations Therapy: Using the Relationship
  - Heart Sutra
  - Bible
- You have collected all my tears. Psalm 56:8

- ### LITERATURE
- The Little Prince
  - Harry Potter Series  
The last enemy to destroy is death.
  - Divergent Series  
Analogy of GD (genetically damaged people to people with depression)
  - Hunger Games Series  
Katniss ability to keep moving on with life even tho she experienced so much pain.  
Dandelion.

- ### MEANINGFUL SHOWS
- 当你沉睡时  
自责要短暂, 不过要长久铭记
  - Buzzer Beat
  - About Time
  - 原声带, 韩剧2022
  - 我可能不会爱你, 日版与台版
  - 当灭亡走进我家玄关
  - 海岸村恰恰恰
  - 想见你  
Quotes: 有没有想过, 不是你对世界太过失望, 而是你有太多的期望? 黄雨轩与陈韵如的性格不同, 但却让他们有不同的人生。



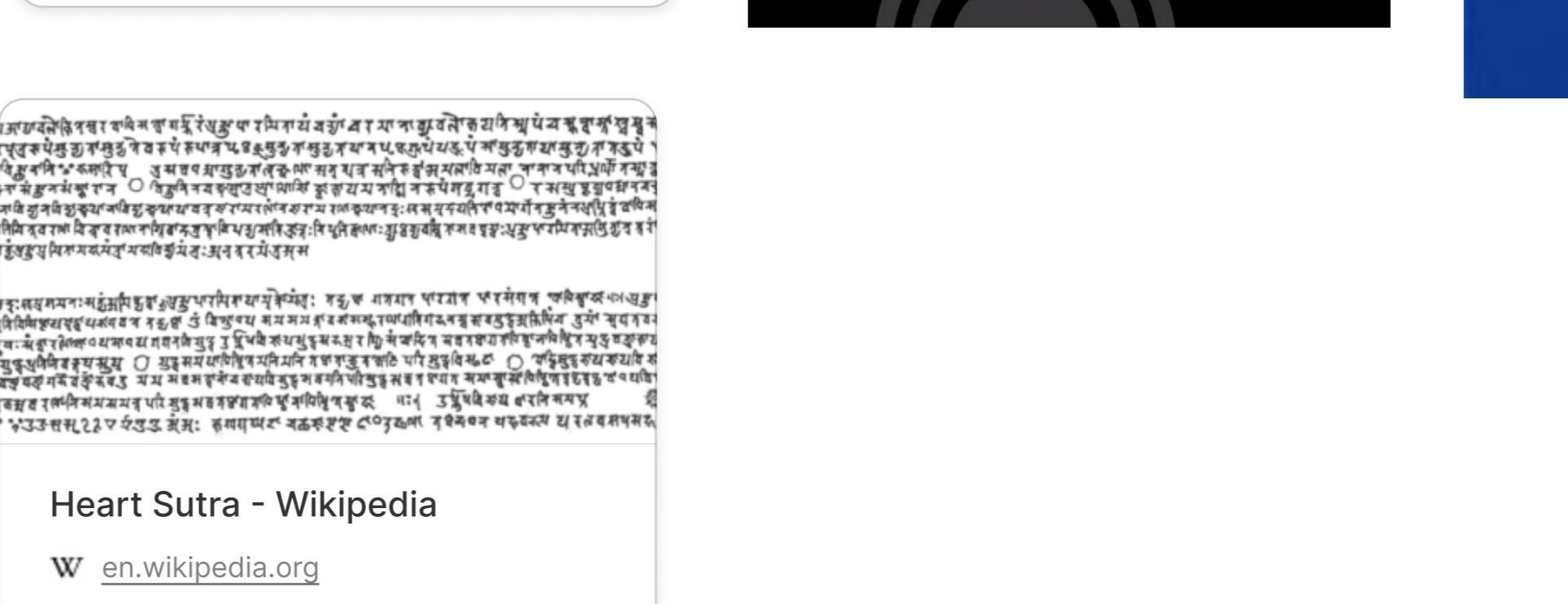
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Heart Sutra - Wikipedia  
[en.wikipedia.org](#)