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The Depression Cure: Depression Self Help Workbook, Cure and Free Yourself from Depression Naturally and for Life

By Sandra Williams

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 224 x 148 mm.

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This book contains the information you need to fight depression. Have you been having suicidal thoughts or thoughts of harming yourself or other people? Have you lost interest in the things you used to find satisfaction in? Do you feel lonely and often become hyperactive even with little or no stimuli? Do you feel as if your life is worthless, useless and beyond repair? Did you just give birth and are feeling worthless and even contemplating about harming your baby? Well, we all have our moments of emotional instability. However, when the bad feeling persists and makes us to feel as if our world just ended, we need to do something. This book will teach you everything you want to know about depression including what causes it, how to tell that...



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