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When You Cant Snap Out of It: Finding Your Way Through Depression

By Louis J. Bevilacqua PSY. D.

Tate Publishing & Enterprises. Paperback. Book Condition: New. Perfect Paperback. 136 pages. Dimensions: 8.1in. x 5.2in. x 0.4in. No one wants to be depressed. Unfortunately, depression affects millions of us every day. Some people will tell us to just get over it or just snap out of it. Such individuals usually don't understand depression or what it is really like to be depressed. Their suggestions, although perhaps well-intentioned, are of little help. If you have struggled with depression, then you know that there are times When You Cant Snap Out of It. However, it isn't impossible to find help, take charge, and overcome. Dr. Bevilacqua identifies the most common symptoms of depression and describes clear and practical guidelines for recovery. The strategies he describes are based in the theory of cognitive therapy, which is one of the most effective forms of treating depression. You can set yourself on the path to wholeness and happiness today. There is always hope for healing. Finally! After struggling for 30 years I have found a book with simple exercises that allow me to cut through the fog and begin my journey out of depression. - K. J. I've struggled with depression since being a teenager....



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