



## Overcome Your Depression: A Simple, Step-By-Step, Interactive, Self-Help Workbook

By Jan Hayes

Balboa Press Australia, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you fed up with feeling sick and tired? Have you identified an unwanted condition in your life? Think about what your life could be like if your depression was cured. In *Overcome your Depression*, author Jan Hayes provides a series of practical steps to overcome depression and anxiety. Through a variety of exercises, strategies, and homework assignments, *Overcome your Depression* will enable you to become more aware of what patterns of thought are reducing your abilities, and it shows you how positive patterns of thinking are the key to overcoming depression. It will help you: Observe and change inappropriate thoughts and inspect your mind chatter Gain assertiveness and interpersonal communication skills through exercises Understand stress and anxiety and the negative effects these have on your body Improve your self-esteem Inspect your comfort zones Understand yourself Learn to relax Hayes, who had experienced recurring bouts of depression, offers a fresh and unique approach to bring about recovery from depression using several well-known methods, as well as a number of her own.



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