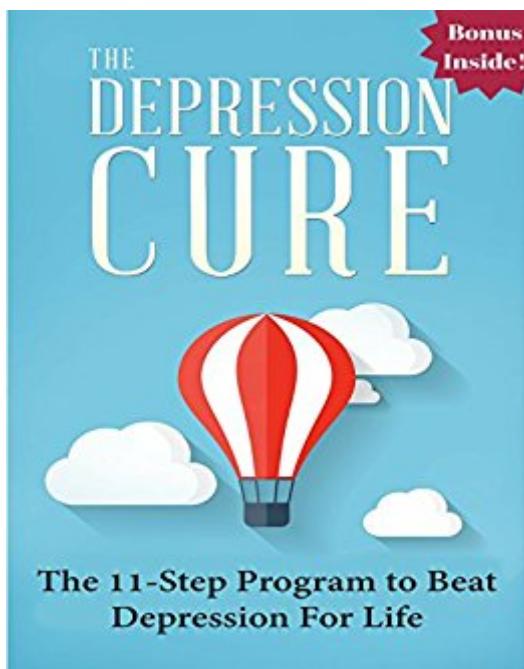


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# Depression: The Depression Cure: The 11-Step Program To Naturally Beat Depression For Life (depression Cure, Depression Books, Depression And Anxiety, ... Emotional Intelligence, Mood Disorders)



## Synopsis

Does your life feel like a quiet despair, a downward spiral with no light at the end of the tunnel? Do you feel lonely, blasé, and unenthusiastic about life? If so, you are definitely not alone... Bonus: Exclusive Gift Inside! In the past few years, depression rates have skyrocketed, and research suggests that one in four Americans will suffer from depression at some point in their lives. Depression isn't what happens when your team loses a game of football or when a pickpocket steals your brand new iPhone. It is not an ephemeral change in emotions or an indication of weakness either. Depression is a long lasting low mood that interferes with day-to-day life to the point where it becomes an unbearable burden. Major depressive disorder is a serious condition that over time damages the brain and the body. Unfortunately many people still confuse this condition with mere feelings of sadness and the advice that we hear so often ("suck it up" or "just snap out of it") stems directly from this misunderstanding. Depression is classified as serious mental condition that requires medical attention and treatment and antidepressants have become the most commonly prescribed treatment to address the symptoms of depression. However, in recent years, antidepressants have raised a multitude of concerns due to their wide range of side effects which include suicide, sleep disturbances, weight gain, increased relapse rates and loss of sexual desire, just to name a few. Many patients who have taken antidepressants have had their depression worsen over the long-term through a process called antidepressant-induced chronic depression. The FDA has even instructed all antidepressant drug manufacturers to add a black warning label (the most serious one) to their medication. In light of this, many doctors and patients are now looking to alternative solutions for treating depression. Dr Mark Hyman, eight-time #1 New York Times bestselling author, openly says in an article published on the Huffington Post, "Antidepressants don't work | the pharmaceutical industry and Food and Drug Administration (FDA) have deliberately deceived us into believing that they DO work. As a physician, this is frightening to me." The purpose of this book is not to make a case against antidepressants but rather to provide alternative solutions for overcoming depression without having to resort to prescription drugs and endure their potentially dangerous side effects. With The 11-Step Program to Beat Depression For Life, you will embark on a journey that will take you back to the state of peace, joy and happiness you were born to inhabit. With 11-Step Program to Naturally Beat Depression For Life you will find out : How Antidepressants can do more harm than good What depression really is The causes and symptoms of depression How to restore your self-esteem How to improve your nutrition How to practice mindfulness meditation How to recondition your subconscious mind And much more! The truth is, depression is beatable - and the 11 steps outlined in this book will show exactly how you

can naturally overcome it while improving your overall health and happiness. This book will take you by the hand and show you step-by-step how you can re-engineer your life to overcome depression.---> TO GET STARTED, SCROLL UP AND CLICK THE ORANGE BUTTON NOW!

## **Book Information**

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## **Customer Reviews**

This ebook says that we should use another way recovering from depression rather than medicines. 11 steps are written down with what we can gain mental and physical health. Why do I love this book? Firstly there is a beautiful picture and a quote at the beginning of each chapter. Simple but effective way to engage the reader(at least me). All of the methods are described very well, that are perfectly usable even for an absolute beginner. Everybody who suffers from depression should take it seriously and should practice. They could gain incredible benefits from it. I've decided I'll practice all of them. In addition I liked the color of subtitles.

This book has interesting content on its explanation about depression. This subject could not be

taken lightly because a lot have been a victim of this mental issues and had resorted to a drastic action against themselves. This book highlighted the main factors that caused depression and the tell-tale sign to spot a person who might have suffered it- thus helping that person to cope with it. This book has tips and illustration that gives a reader an idea on the in-depth explanation of depression and its coping mechanism. Recommended it.

The steps Tai gives are simple yet effective methods, everything is common sense but when you are in a state of depression you can not think straight and just by doing 1 of these things will help start to put you on the right track back to good health. Tai has written the book well and made everything easy.

Words cannot fully express how grateful I am to have this book. A lot of us are suffering in the same mental illness that we're having which is depression. It came from the anxiety that you're feeling and then it leads to depression. Self doubts, low self esteem, small confidence are the terms and words that could bring us down. This book talks and tackled all about it and how we can stand up for ourselves. It contains a lot of advice and motivations to conquer all these mental illnesses and try to start on living less depressed and stressed. Definitely commendable to those who are dealing with the same problem as me.

A well written book and planned topics to cover the basic awareness about depression to the steps from physical, to mental self-help activites that can be done to counter depression. The activities in this books are short and specific, easy to follow actions which some can be done instantly and quickly. The focus of the book is purely on the solutions against depressions, instead of dwelling into what have gone wrong. Very positive hearted book, would recommend to anyone who needs some self-help or know someone who does.

This book is a must read for anyone who is currently struggling with depression, has ever had depression, or who just wants to feel happier and healthier. Reading this book is the best thing I have ever done for myself and I hope more people with depression will learn how to beat it and keep it away for life! I highly recommend the book.

Several good tools in this book. I can attest that surrounding yourself with positive people certainly helps. I like the way they break things down in this book and make each option simplified and easy

to try. Good book if suffer any form of depression you should get this book and try some of the suggestions.

Not the best book on depression, basic information you can read anywhere.

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