



111 Drug Free Ways to Beat Depression and Start Living Again (Paperback)

By Mrs Tania Angelis

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When depression strikes it turns the strongest and most capable people into fearful recluses. All their usual coping mechanisms seem to disappear overnight. They become lost and afraid and struggle to find a way out of the darkness. In this book based on her own experiences of living with depression, Tania Angelis has listed various strategies and ways she has learned to cope with this debilitating illness. All of the tips in this book are easy to apply, many of them are free and none of them require the use of additional medication. If only there had been a book like this when I was at my most ill. It s written so brilliantly in that you can try one thing at a time (manageable) and dip in and out as you see fit. The way the book is set out isn t in the least overbearing either, you ve packed such a lot of information in but it s written in such an easy way to read and take in. Jayne Hardy.



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