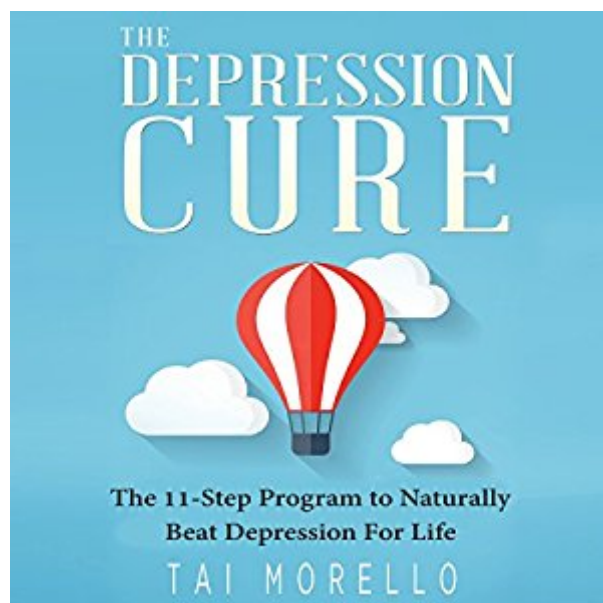


The book was found

# The Depression Cure: The 11-Step Program To Naturally Beat Depression For Life



## 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, blasÃ©, and unenthusiastic about life? If so, you are definitely not alone. 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 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, including suicide, sleep disturbances, weight gain, increased relapse rates, and loss of sexual desire, just to name a few. In light of this, many doctors and patients are now looking to alternative solutions for treating depression. Dr Mark Hyman, eight-time number-one New York Times best-selling author, openly says in an article published on The 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 enduring 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. The 11-Step program will teach you: 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! This book will take you by the hand and show you step-by-step how you can re-engineer your life to overcome depression.

## Book Information

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## Customer Reviews

I get pretty depressed at times but would often chalk it up to natural happenings. Never really bothered to analyze deep and figure out what exactly is wrong. I'm so busy with work anyway. But this book encouraged me to take even my short bursts of depression more seriously. It does a great job in explaining the possible causes of depression, dangers of being depressed and some clever solutions. It is well laid out, easy to read, has some uplifting pictures and is polished very well.

Depression is very widespread mental disorder, about 50% of people who commit suicide suffer from that condition. This book is not about medications that can help cure depression, but about the alternative solutions for overcoming depression without taking drugs and endure their side effect. The book includes 11 steps that can help naturally overcome depression and improve your mental and overall health. First step includes understanding depression, what causes depression, symptoms of depression.. Depression often comes with feeling of worthlessness, in order to cure depression one must change these feelings or replace them. Every human being on this planet is worthy of love and belonging. In order to beat depression nutrition plays important part, do proper physical exercises, meditation, having social contact, having quality sleep, practice gratitude.. Path to recovery is not easy but worth trying!

We cannot say "It's just depression" this is a mind problem and feeling that can make you as an individual weak. This book will help you understand depression in its deeper and most logical explanations. The book discussed the symptoms, causes, treatment of depression. This is a serious matter that also has treatment but you have to help yourself in coping and treating yourself. Everything you would like to know is here.

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.

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.

Along with this book i have starts understand what is depression in whole. I hav'nt suffered from depressed. But now I am know how to look after themselves and do'nt get mental illness. This book make me think about my emotion or sensitivity. I really found this book to be practical use. Very useful book, in my opinion, would recommend to anyone who needs some self-help and have doubt in their abilities.

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.

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