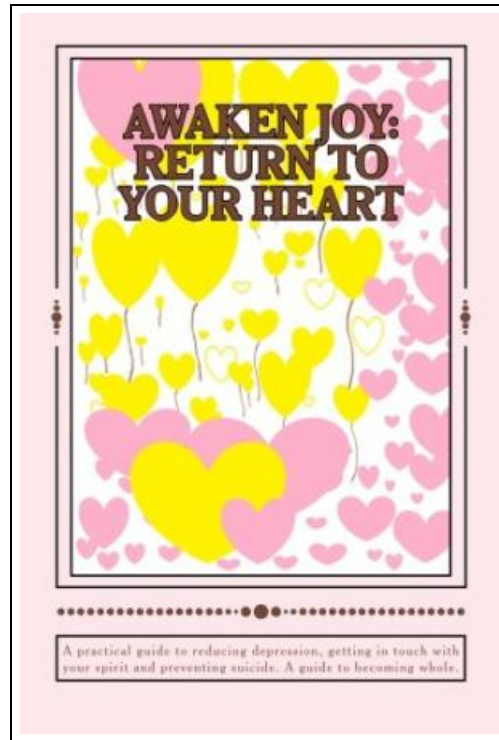


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. A practical guide to reducing depression, getting in touch with your heart and your spirit and preventing suicide. A guide to becoming whole. I have spent the better part of the last fifteen years researching, studying, experimenting and using methods other than traditional methods of medication and counseling into my life in order to recover from my depression and related issues. I do feel that there are ways to help our lives and thus the world get out of depression and suffering and that we can heal our bodies, our minds and our spirits with some effort and perhaps some new ways of looking at life. It is my hope that this effort of mine will bring some relief to those who are suffering and to give others new choices that they may not realize are available in the area of mental health and mental, or spiritual, illness as I like to call it. I am not a mental health professional. I am a regular person who has walked my own journey through mental illness, including depression, addiction and post traumatic stress disorder. I lost two family members to suicide. This book is the result of many years of efforts, thousands of dollars spent on books, alternative methods of treatment, outpatient treatment at a mental health hospital, thousands of hours of research and my own experiences in attempting to get better and get to the causes of my illnesses. I offer it to everyone who is interested in the hope that we can start to find some answers to the reasons for depression, suicide and other types of mental or spiritual suffering in this world. Good luck. This item ships...



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