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## 8 ESSENTIALS TO OVERCOME DEPRESSION OR ANYTHING KEEPING YOU FROM BEING HAPPY: BOSS OF MY FEELINGS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Depression is a struggle that most of us will face in our lifetime, especially those who face trauma and heartache. While popular culture and medical practices rely on pills to heal sufferers, Dania Vanessa suggests a different path, a proactive method for sufferers to help them better understand and potentially heal themselves. In Boss of My Feelings Dania shares her...

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- · Authored by Dania Vanessa Illescas
- Released at 2016



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## Reviews

It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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