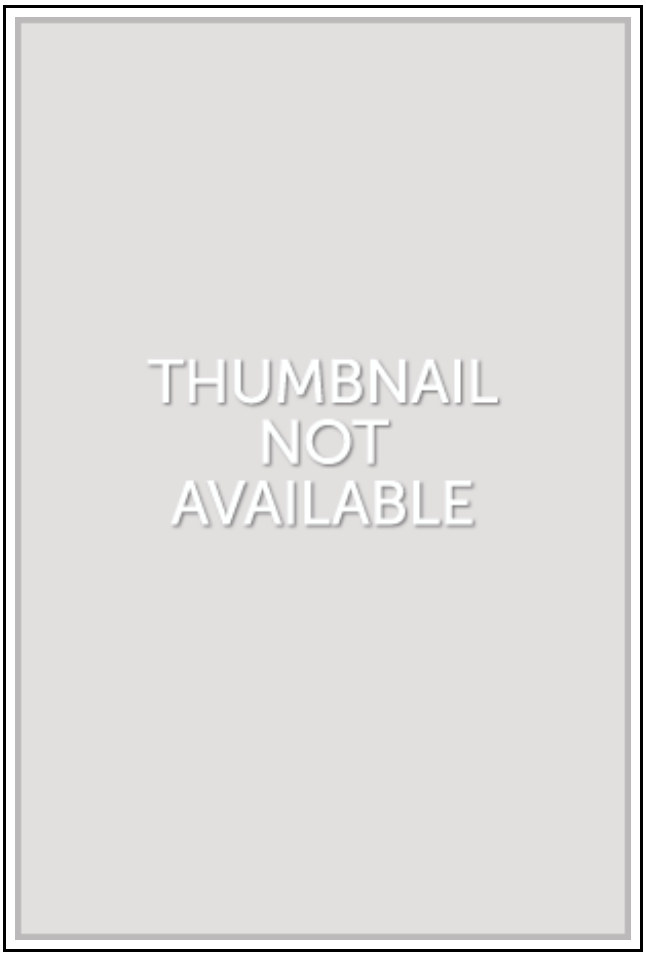
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(Prof. Lenna Beatty III)

OVERPOWERING DEPRESSION AND ANXIETY: THE DRUG FREE AND SUSTAINABLE WAY (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Depression and Anxiety are the top 2 disorders of modern age, and Stress is their number one cause. Left untreated, depression may lead to suicidal inclinations, and anxieties may grow to crippling phobias. They can be more devastating than physical handicaps because they chew away your will to enjoy being alive.This book helps you battle and OVERPOWER these feelings by offering insightful, powerful, and easy-to-follow healing methods that are drug-free. Drugs and medication usually has side effects that do more harm than good, and they burn a hole in our pockets. Unless absolutely needed, we should avoid or minimize them.Unique to this book is a battle plan for coordinated attack to understand your enemy and fight back on depression and anxiety, ensuring sustainable victories, so Depression and Anxiety does not come back and haunt you.It also introduces an ancient secret art of natural healing technique that taps the cosmic power of the universe to help you. This powerful method can be a very effective cure both for yourself, as well as to help others.Whether to help yourself, or to help you identify symptoms and ways to help your loved ones, this book is a MUST-READ if you want to win the battle and Overpower Depression and Anxiety in a Sustainable way, and enjoy a healthy and happy life. You do not need to spend a bomb too on drugs and medications. Simply reading good books like this will do wonders for you.SPECIAL BONUS - To help ensure overpowering victories, the Kindle E-book version includes a FREE E-book that gives you 200 Powerful Self-Help Tips which you can practice to help you Stay Motivated, Get Healthy, and Reach Your...

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