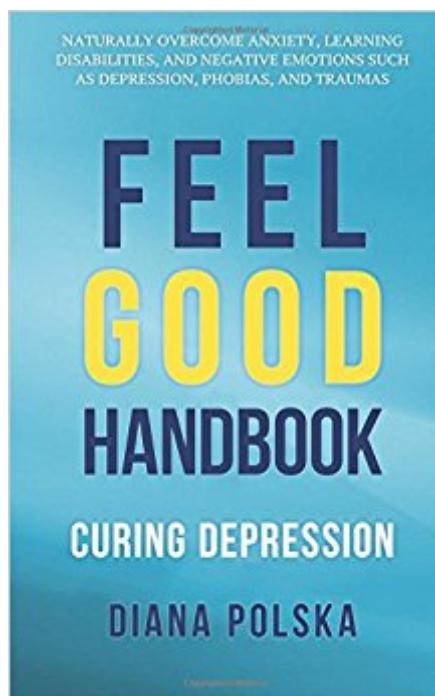


The book was found

Feel Good Handbook: Curing Depression



Synopsis

CURE DEPRESSION NATURALLY Anyone can achieve and maintain a high level of happiness, positive emotions, intelligence, confidence, and sociability which ultimately leads to a better life. In this book you will learn how to achieve permanent solutions to depression, anxiety, phobias, traumas, learning disabilities, as well as personality and mental disorders. Based on solid scientific research, you will discover natural therapies that work. Our default mode is perfect health in body, mind, and spirit. Mental health problem develop when physical, psychological, or spiritual imbalances develop. Although most prescription drugs are a quick fix and work when we need instant results, we need to get to the root cause of negative emotions such as depression to permanently and completely cure them. A guide to depression, depression workbook, depression cure, depression free naturally, anxiety books, how to feel good, mental calm, cure depression, depression books, depression cure book, cure anxiety, cure anxiety naturally, feel good handbook, how to feel confident, how to feel good, alternative therapy for depression, depression treatment.

Book Information

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Customer Reviews

The book is well-written and the author had done a great research, but it feels like reading an essay that gathers various facts ranging from herbal medications to body and mind techniques. I wish the author had added some practical examples and personal stories. The style is pretty much like wikipedia, but some people like it I guess. It just reads like some kind of recitation on Bach Flower remedies and other therapies. But still, a good book, can be a great choice who are looking for a new, fresh and balanced start. it also contains resources as for herbal supplements. One more thing-

it should have specified precautions as for natural medicines. Many people buy herbal stuff on-line and they never consult it with a doctor or holistic health practitioner, if you want to use some floral remedies you should see a qualified floral therapist first, the same for phytotherapy and aromatherapy.

Great informative book. A lot of good detailed information on specific products to help with your particular needs. I definitely recommend.

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