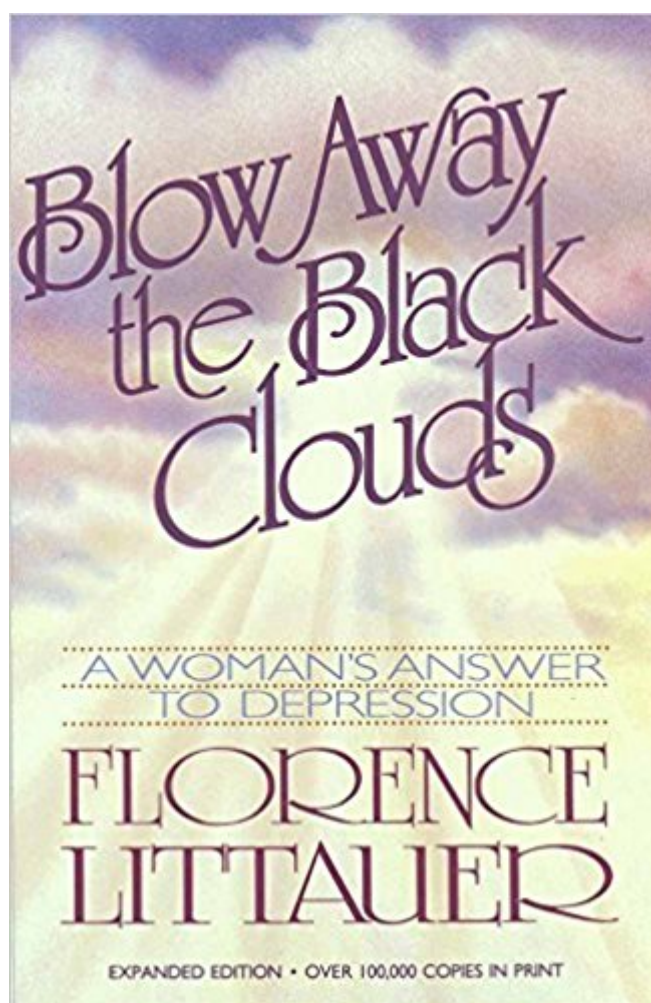




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Blow Away The Black Clouds: A Woman's Answer To Depression, Expanded Edition



Synopsis

Writing out of her own experiences, Florence Littauer addresses this book to women and men suffering from any level of depression, even if it is simply feelings of inadequacy, insecurity, or inferiority which get in the way of living fully.

Book Information

Paperback: 136 pages

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Customer Reviews

Great for melancholic people!!!! This is a great help for people dealing with depression

The book very good if your just learning about depression, i read it years ago when i first started with depression. I am working with my md. to try to decrease my depression meds and thought this would have more examples of ways to manage through the weird feelings as you try to very slowly wean yourself off some meds, but it did not help me now.

I gave it to my wife who is a Melancholy Phlegmatic. She gave it to her friend who is a Sanguine Choleric. She gave it to a friend who is a Sanguine Phlegmatic. I never read it myself but apparently it's pretty good.

This book is an excellent resource for women coping with or avoiding depression. It shipped as scheduled and arrived in good condition. The cover had a crease and some stickers but the condition was well within the described guidelines.

Excellent book and service

There are seasons in each of our lives, and this summer was my wet monsoon. I have a tendency to get gloomy and depressed when too many worries start to pile up - the trouble with living vicariously through everyone around you. I hate gloomy, depressing people, so when I saw this title I snatched it up. If you just want someone to crawl into bed with you and understand, she understands, and she brings a hot cup of tea and warm hug with her. Her humor will perk you up. Her compassion will give you comfort. She is a good friend. Give her a read.

She's a great author. Everyone should have great books to be able to reach to when things start falling apart.

This book is a must for anyone battling depression. In plain and simple language it reveals how to combat and win over depression.

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