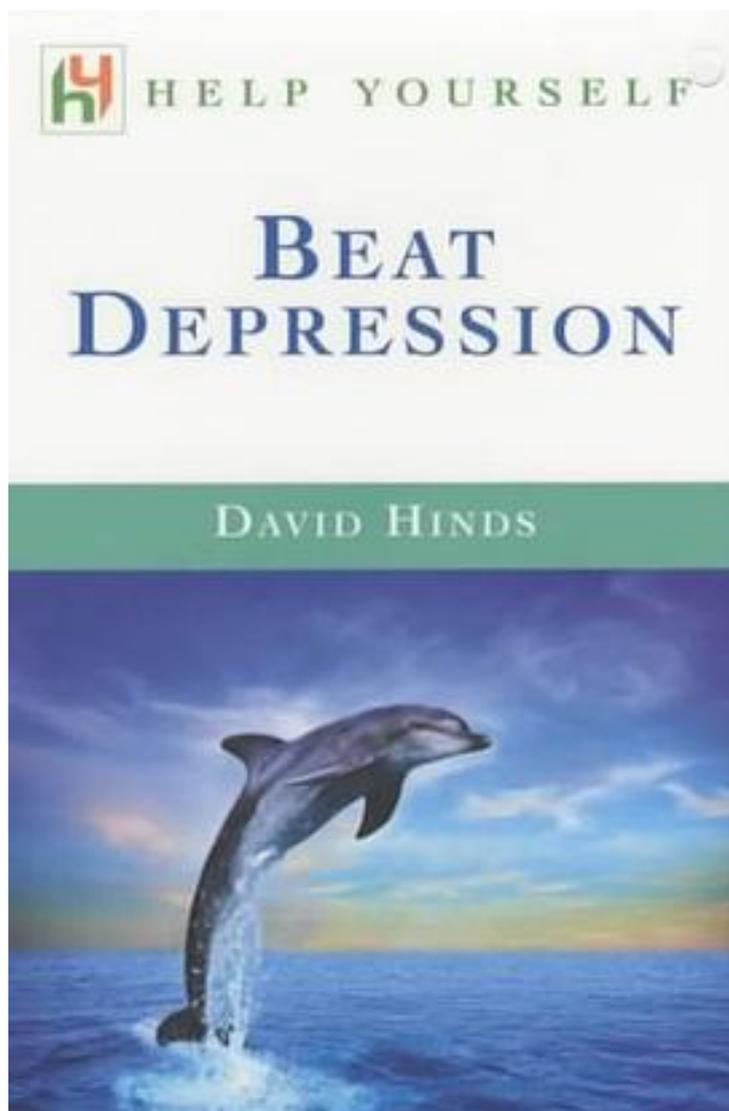


Beat Depression



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When you're depressed the last thing you feel like is the effort of reading. But this supportive book, by an author who has suffered from depression and come through it, should make a difference, moving the reader from hopelessness to optimism. This book does not try to explain the condition or theorise but goes straight to the source taking the reader step-by-step to relief.

作者介绍:

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