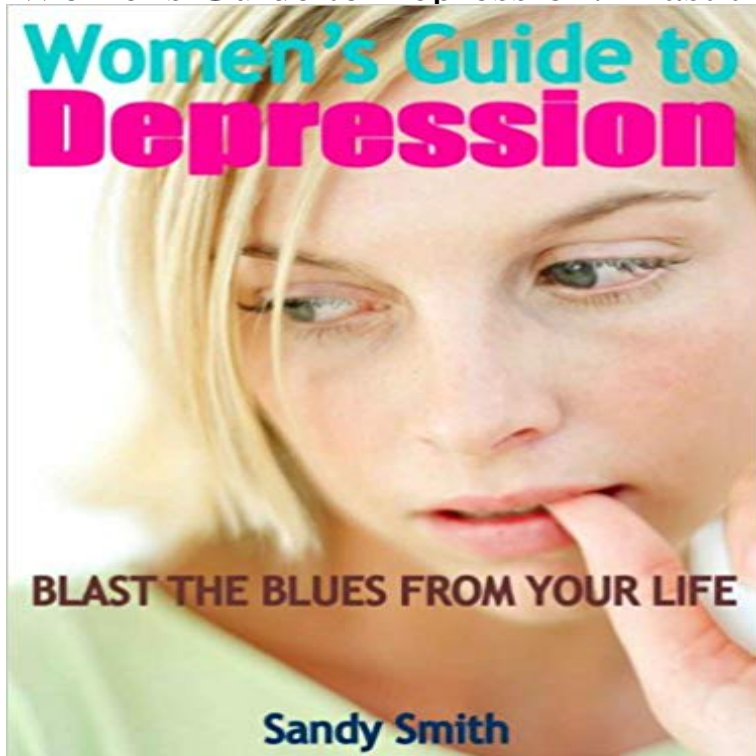


Womens Guide to Depression: Blast the Blues from Your Life



This book will take you through a journey. A journey of understanding what depression is, and what it can do to your life. Understanding the disorder, and how devastating it can be to you, your life, and your loved ones is important because it shows how incredibly important it is to seek treatment for depression. Treatment for depression consists of medication, counseling, and making lifestyle changes that will support your depression recovery. Support from your friends, family, and the community are also very important to your success in depression recovery. As you read this book, think about your life with depression. There are a few personal stories of women who went through the same experiences as you. These women sought treatment for their depression. They reclaimed their life, and now they want to tell others about how grateful they are they made that first step in seeking depression help.

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