



Natural Cures for Depression: A Holistic Approach to Forever Beat Depression with Proven Natural Remedies and Healing Superfoods

By Emily Walters

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.What you find in this book can change your life. You will find that you have many options for treating depression, take control today. You will once again feel empowered to take control of your mental health and above all you will realize that you are capable, regardless of the severity of your depression. From dietary changes, stress reduction techniques and the use of herbs remedies with thousands of years of proven history, you now have within your hands the power to positively change your life and heal your depression once and for all. If you are suffering from depression you are not alone. In fact, you are in the company of millions of people, just like you that are in pain daily and have had their lives affected by this illness. Many of them have sought traditional treatments, such as medications and psychiatric therapy, and perhaps you have too. As beneficial as these treatments are for some people, they do not work for all, and not everyone is willing to endure the severe side effects of antidepressant...



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