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## Smashing Depression: Escaping the Prison and Finding a Life

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By Terence Watts

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Smashing Depression: Escaping the Prison and Finding a Life, Terence Watts, This book can help the sufferer of mild to moderate depression overcome the biggest hurdles to emotional health - negative belief and poor self-worth. Between them, these two processes generate the debilitating idea that there is no hope for a brighter future or the sort of life that others might call 'normal'. And yet with the structured programme presented here, the reader can: discover and eliminate subtle subconscious processes that lock depression in place; find their true self that may have been 'locked away' for years; discover whether it's conscious change or subconscious acceptance that's needed; find out how being active instead of reactive is the way forward. The seven-step programme was created by the author over many years of working directly with sufferers, successfully helping them to find their way back to emotional health. It's not just a quick fix that soon fades away, but a permanent solution that will actually reshape your life and attitude to self. In short, it's the blueprint that will help you set yourself free!.



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