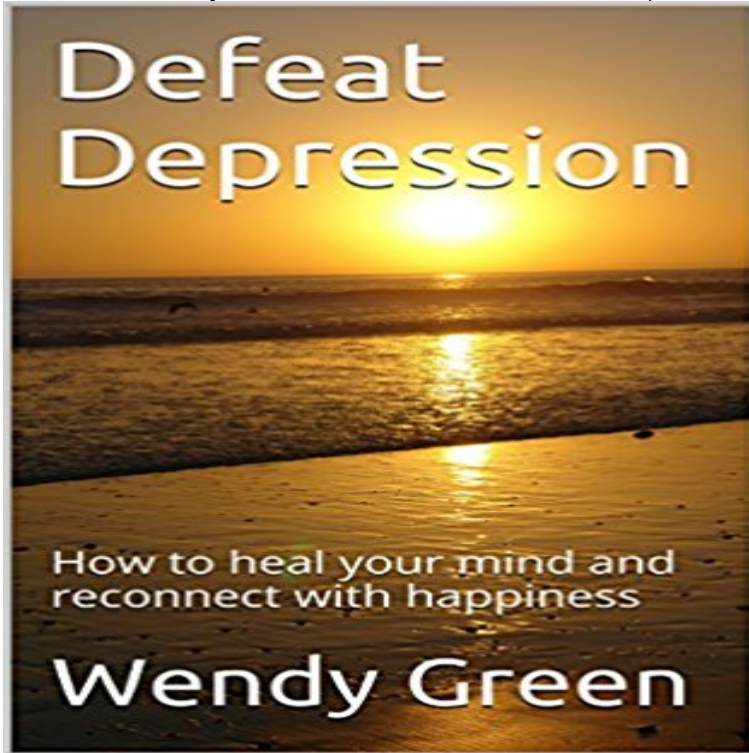


Defeat Depression: How to heal your mind and reconnect with happiness



The aim of this eBook is to provide a comprehensive guide to dealing with depression. Depression isn't the same for everyone—the circumstances that led to your depression, and therefore the way you deal with it, will be unique to you. This book gives you an overview of the various factors that may have been involved, including the stresses of modern living, diet, psychology, genes and gender, to help you pinpoint the causes of your low mood. Once you've identified these you can begin to deal with them to defeat your depression and reconnect with happiness; this eBook offers you the tools to help you do this from a wide variety of disciplines, including nutrition, exercise, psychology and complementary therapies.

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