



Defeat depression (52 Brilliant Ideas)

Infinite Ideas, Dr Sabina Dosani

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Defeat depression tackles this greatly misunderstood condition head on with over 50 inspirational ideas from a psychiatrist who struggled with and overcame depression as a young adult. Defeat depression offers a real insight into the condition with practical, tried and tested techniques to help people overcome their feelings of despair or melancholy. Whether for you, or someone close to you who is suffering, the advice within this book will prove invaluable.

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