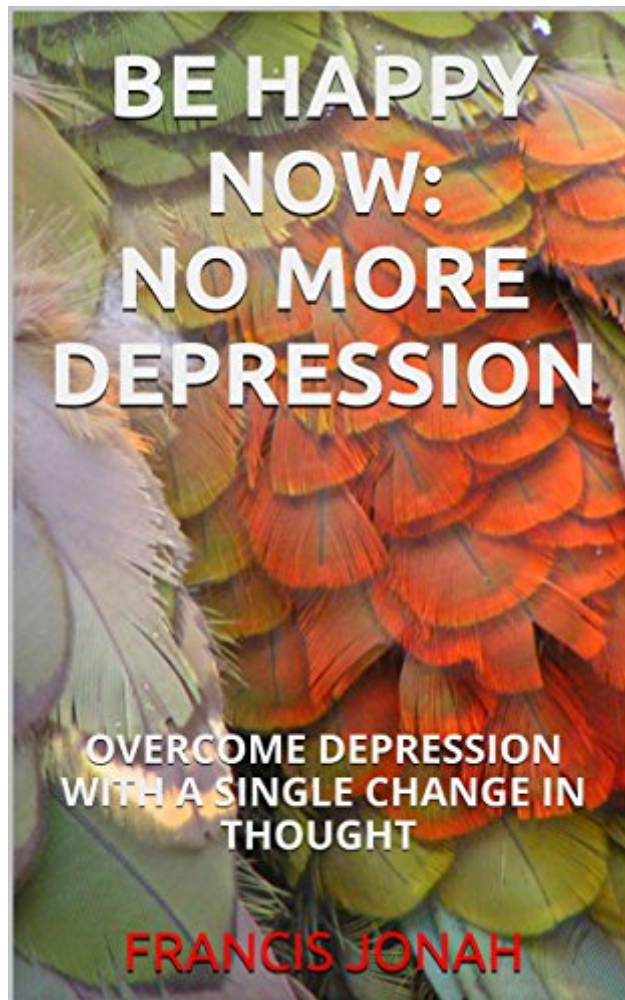


The book was found

BE HAPPY NOW:NO MORE DEPRESSION



Synopsis

This is a thought provoking book that will cause anyone to be happy after one read. "I do not remember the last time I was sad" is the testimony of one who applied the Biblical thoughts in this book. It will be your testimony too. Whether you have been sad, depressed, lonely or suicidal for a long time, this book will bring a permanent solution to the issue of happiness in your life. Do you really want to be happy or help others to be happy? Do not throw this opportunity away. There is also included a powerful prayer that will set you free from depression permanently.

Book Information

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#65 inÂ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Teen & Young Adult

Customer Reviews

Claims we individually have the power, through God, to heal ourselves from depression. If only! I don't think he really understands what depression is. I think he is maybe trying to help, in his own way, or maybe he's just trying to earn a living, but I don't I feel his philosophy was helpful. You can

sometimes affect positive change in regard to your health through prayer, meditation, etc., in some ways, but true clinical depression is a genuine illness, often genetic in nature, where the brain chemicals are not being produced properly. It takes many factors to control it even somewhat for most of us. I have done EVERYTHING I possibly can, I am 57, intelligent, very experienced with this, tried medications, a variety of alternative methods, going to great lengths to find a way out. I resent depression with all I am, but I am still plagued by it on a daily basis. I resent people who don't know what they're talking about perpetuating these myths. I believe prayer can heal. But it hasn't worked for me so far. Medication and years of therapy with a really great therapist, have saved my life. But I am not free of depression by any means. There is already enough depressed people have to deal with, we don't need anymore people telling us to quit crying, just suck it up, grow up, it's just an excuse blah blah blah. Maybe walk a mile in my shoes before you start spouting that kind of stuff off. The understanding you can offer, a smile, a kind word, these things help a lot more than being told to snap out of it. Just my opinion. Thanks!

This is just a religious/Jesus died for your sins book. Not a great way to cure depression, I don't feel, but others may disagree.

Common sense that I've overlooked. Great reminder.

This is by far the best book I've read about preventing depression. Get a copy now and save a life.

Wow! This small but powerful book really makes you stop and think!!

This is a help for what I already know, but will also help others in knowing the promise of God.

This book definitely helped me through depression, tough times that I don't want to remember.

Book is based on Biblical truths and powers of God. As Christian and knowing how much God heals us, this book simply explains how to not allow depression to sneak in. God in, depression out.

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Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
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