



Depression Remedies book

By Suzi Obelisk

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Depression Remedies book by Suzi Obelisk. You can help yourself to feel better. You can take back your power, and you can recover from depression. This book contains some awesome remedies for healing depression, that are based on holistic healing. These remedy ideas are for your mind, body and spirit. We will talk about ideas such as deep breathing, meditation, exercise, nutrition, pure essential oils, mantras, and how to get your power back. We will talk about why suicide can NOT help you, because of karma. Also, do you know HOW to maintain a healthy support system of people around you How can you find your purpose in life How can you sleep better Do you take time to be creative Do you want your confidence back Do you want your mojo back This book is written in a conversational style, so that it is easy to read and understand. The techniques in this book can help you to feel better, and to move forwards with your life. Testimonial: I found this book to be very helpful. It was as...

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