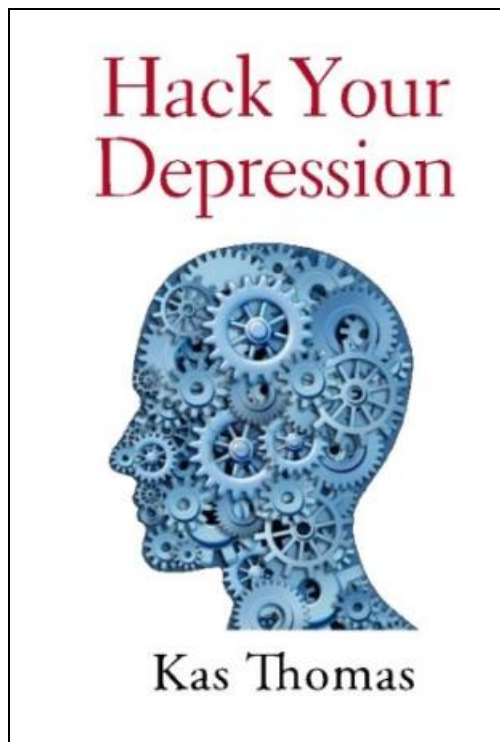


Hack Your Depression (Paperback)



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Reviews

It is really an incredible publication that we have possibly study. Of course, it really is engage in, continue to an interesting and amazing literature. You are going to like how the writer compose this publication.
(Bailey Lehner)

HACK YOUR DEPRESSION (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Millions of adults are depressed. If you fall in this group, help is here: Hack Your Depression can give you immediate relief, in the form of tested stratagems-no-nonsense tips that really work. Therapy is expensive. This book isn't! In it, you'll find a wealth of real-world advice drawn from therapy, from personal experience, and from the latest scientific research. When you're depressed, you don't need to be told happiness is a choice or things could always be worse. You need deep insights, not easy pop-psych platitudes. This book is crammed full of short, easy-to-digest, easy-to-apply stratagems designed to allow you to make real progress on your problems, at your own pace, using reality-based techniques that don't require a wholesale change of personality overnight. Learn what the scientific research says about the connections between trauma, PTSD, and depression. Find out what it's like inside a mental health rehab unit. Find out what the research says about EFT (tapping), EMDR, the rewind technique, and other techniques for dealing with trauma. Learn the nuanced, non-simplistic truth about antidepressants. Find out why the science on electroshock therapy is shockingly substandard (and why you should never choose ECT, if you can avoid it). Get the facts; get inspiration; get techniques you can put to use, right now, today. It's all in this book. Take your recovery to the next level. Hack Your Depression!.



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