

*What is depression and what causes it?
If I have depression, what can I do about it?*

This slim volume offers hope to those suffering from depression. It explains depression in approachable language and shows how simple lifestyle changes can make a difference.

We follow four characters – Laura, Josie, Tom and Kathy – as they use these tools to master depression and harness hope in their own lives.



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harnessing HOPE

by JAN MARSH

Take control of your life
and master depression

HARNESSING HOPE

JAN MARSH