



Climbing Out of Depression: A Practical Guide to Real and Immediate Help

Sue Atkinson

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A warm, simple, and practical guide to real and immediate help for those lost in the darkness of depression?written by someone who has experienced it and found a way out.

According to the National Institute of Mental Health, more than 17 million Americans suffer from depression. For many of these millions, climbing back out of the pit of gloom seems almost impossible. Depression often leaves its victims feeling paralyzed, numb, and alone. *Climbing Out of Depression* is a guide for everyone who is looking for practical help.

Unlike clinical books that approach depression from a theoretical, academic viewpoint, what makes this book distinctive is the fact that the author herself has suffered from depression for many years. Atkinson does not write as an expert, or as a depression counselor, but as someone who knows the feelings from close personal experience. *Climbing Out of Depression* is a handbook to offer immediate help for the mind, the body, and?with the author?s gentle spiritual touch?also the soul. Topics covered in *Climbing Out of Depression* include the causes of depression; how to take action when life becomes too difficult; dealing with negativity; overcoming fear, worry, and panic; understanding anger; coping with loss; and much more.

Climbing Out of Depression is a tried-and-true tested book that incorporates strategies, tips, and success stories, many of the author herself. Written in easily grasped sections designed to be read for the limited concentration spans that often accompany depression, Atkinson leads the reader through the ?why? of depression and then offers ?how-to? suggestions based on firsthand proven techniques. Reading this book is similar to having a conversation with a compassionate friend, one who has ?been there? and knows what to say and how to help.

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