



Causes and Cures of Depression (Matronita Pocket Guides)

Rivka Levy

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CAUSES AND CURES OF DEPRESSION is the ultimate pocket guide to understanding the real reasons why you're getting depressed, and what you can do to start making your depressions a thing of the past, the drug-free way.

You'll learn:

- What situations could be sparking-off your depressions
- What types of people to avoid, and how to set healthy emotional boundaries, and
- Why tackling depression holistically, across mind, body and soul, will give you the best-ever chance of beating it for good.

You'll also discover why the infamous 'chemical imbalance' theory of depression is actually just an urban myth, uncover the mysterious energy dimension to depression called 'The Homolateral Energy State', and learn an easy method of overcoming depression that's scientifically-proven to be more effective and long-lasting than taking meds.

CAUSES AND CURES OF DEPRESSION also sets out practical strategies for how to stay out of depression, and what you need to do to turn things around once you're already depressed.

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