



## Surviving Depression: Steps on How to Survive Depression and Start Living Again (Paperback)

By Patricia A. Carlisle

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book contains proven steps and strategies on how to lead a enjoyable and fulfilling life, helping you to become more aware of yourself and others around you. Have you ever felt really stuck? Like every day was a struggle to get through and you knew in your heart the next day would feel the same? After years of hard work and little to show for it, every day starts to feel like hard work. Facing daily discouragement and defeat weighs heavily on you. Have you lost your self-confidence and doubted everything you were doing? Are you frozen by the fear of failure? The irony of life can develop into many of our problems and become stumbling blocks that hold us back- They are often there because we get stuck in our own way of doing things. We can create a prison of continued, daily suffering for ourselves. And all we can do is agonize because we desperately want out. Each day you wake up in a fog hoping the cloud will lift. We simply can't see clearly enough to...

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