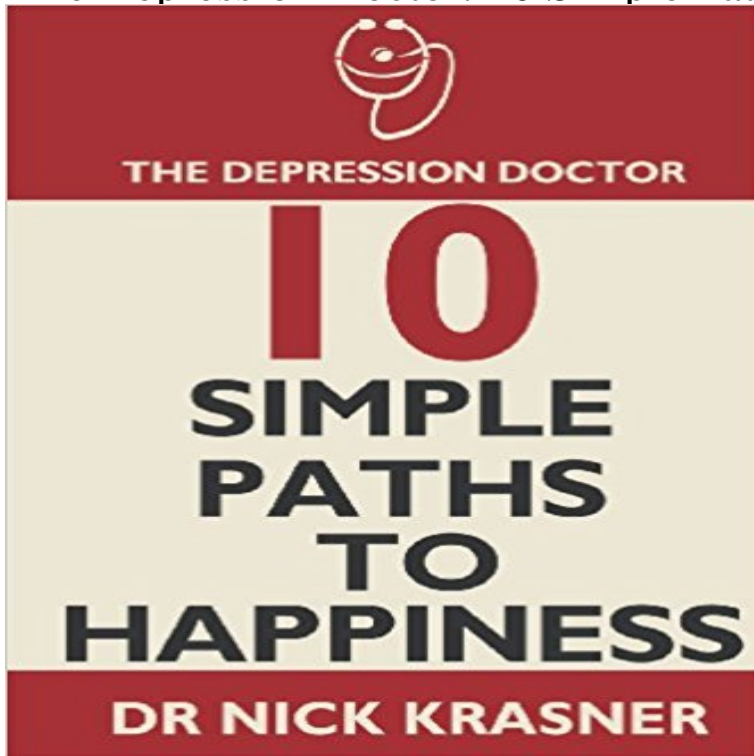


The Depression Doctor: 10 Simple Paths to Happiness



Are you or your loved ones suffering from depression and crying out to be taken seriously? Do you want to be treated as an individual and have your doctor listen to you, rather than bombard you with yet more pills? Then The Depression Doctor may hold the key to unlocking your happiness. Dr. Nick Krasner has devised a revolutionary new classification system, detailing ten different types to depression, and how they can affect all of us at any time. By outlining these ten unique classes, The Depression Doctor has created ten inspiration paths to happiness, designed to help you. The Depression Doctor will show you how to recognize the root of your depression and teach you how to tackle it at its source. Then you can use his tailored treatment proposals for each of the ten types of depression, giving illuminating practical advice and proven medical techniques to help you conquer your depression for good. Dr Nick Krasner is The Depression Doctor. A qualified GP with extensive clinical experience in treating depression, he has enabled numerous sports stars to realise their professional goals through his work in sports psychology. Sharing his potent, life-affirming techniques for the first time, Dr Nick is passionate about driving out depression and truly making happiness and success available to all. A brilliant and revolutionary approach to classifying and treating depression. This book is essential reading for doctors and patients alike, with its simple yet effective concepts having the potential to bring happiness and fulfillment to innumerable people worldwide. - Dr Mark Patterson MBBS MA MSc MRCP In 45 minutes I went from desperate depression and having the world on my shoulders to feeling relaxed and elevated. I now have a new way of dealing with my negative thoughts, which is simple and yet works. - Mary Hopkins (patient) Using Dr Nicks techniques, I went from deep despair

and capitulation to learning to say no to others, recovered my smile, self belief, lost over 70 pounds of fat and got promoted. Wow. - Jill Arthur (patient)

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