



Essentially Happy: 3 Simple Answers from Mother Nature for Overcoming Depression

By Rebecca Linder Hintze, Stephanie Gunning

Visium Group, United States, 2014. Paperback. Book Condition: New. 212 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.You deserve to be happy. If you or someone you love struggles with depression or anxiety, then ESSENTIALLY HAPPY could change your life for the better-forever. Did you know 350 million people suffer from depression? It is now the leading cause of disability worldwide. But it doesn't have to be. There's hope! Science reveals that natural remedies are often as effective as prescription drugs for overcoming depression. Mother Nature has solutions. How can you elevate your mood and be happy? The answer isn't to jump straight into popping an antidepressant, a sleep aid, or a tranquilizer. In fact, the answer isn't one answer. but THREE answers. Answer #1 Happy Nutrition: Feed your brain heal your body deep down at the cellular level. Answer #2 Happy Lifestyle: Get fit reduce stress. Answer #3 Happy Relationships: Love yourself others.



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Reviews

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