Embrace your feelings and connect with your meaning and purpose

People who have never been depressed have no idea what it’s like. And people who have know all too well how tough depression can be to live with. Dr. Faith explains the brain science behind depression (complete with Zuul references) and talks you through the different options out there for getting better. Because yes there are things you can do to feel good again (including drugs but avoiding spiraling successions of drug cocktails). If you need solid expert advice from someone who can also make you laugh your ass off, this book’s for you!

- Fills the need for effective mental-health resources in this political climate
- Highly informative, scientifically based, and relatable
- A much-needed tool to fight the pervasive depression epidemic

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