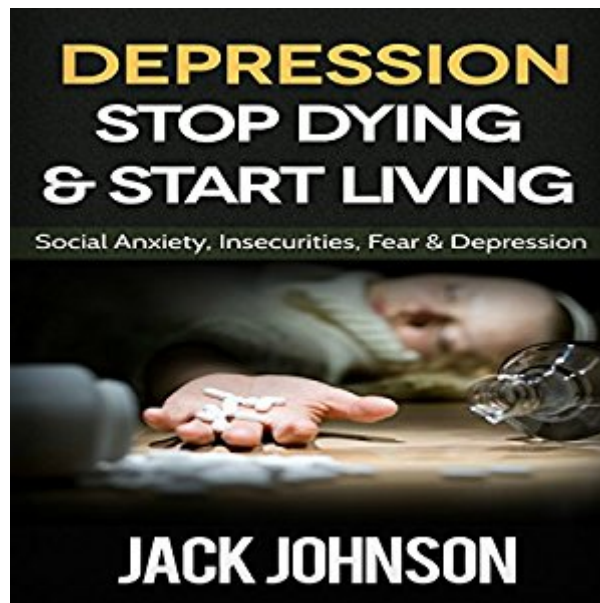




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Depression: Stop Dying & Start Living: Social Anxiety, Insecurities, Fear, & Depression Cure



Synopsis

Depression is a negative emotion that can lead to suicide or freedom. So many people in this world struggle with this emotion, and every human experiences this sooner or later. The difference is some know how to break out of it and turn their lives into something great, whereas others will hold on to it because of their addiction to it. We all get addicted to our emotions, and if we can understand this, we have real power to change it. I want to give you a new way of thinking because I have personally struggled for years with depression, and I know the simple secrets that got me out of that place. I help people through my seminars and through coaching, and I see the patterns with everyone. I know how to turn them around, but they have to want to change. The truth is, you can live your ideal life if you see the big picture of where you're heading. We're always rationalizing that "someday I'll be happy", and someday never comes. Today is your day to wake up and start living with purpose, and I'll show you the secret formula to get you there. Take action today, and let's beat this depression once and for all.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 7 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Zac Dixon

Audible.com Release Date: September 8, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B0153UMYEQ

Best Sellers Rank: #47 in Books > Audible Audiobooks > Science > Chemistry #656 in Books > Science & Math > Chemistry > Analytic #1659 in Books > Science & Math > Chemistry > Organic

Customer Reviews

I was recommended to check out this book and I'm really glad that I did! It's an interesting read and there's some good information in the book. I particularly enjoyed the section talking about gratitude is the antidote to depression. From this resource I was able to learn more about ways to overcome depression which I will be able to implement into my life. For the price it's a good value. I would recommend checking this book out.

This is a distinct book in the self-help genre. What separates this book from the rest is the genuine and authentic voice of the writer. More than a self-help book, this book discusses many relevant things regarding depression without being preachy.

Honestly speaking, I am now in a low point in my life. My workplace doesn't seem to be a conducive place to be in anymore and every morning I just drag myself like a zombie. The whole day, I will just be like a robot doing my job but my mind is racing to the time that I can finally go home and be with my family and friends. What I loved about this book is that it has offered me an entirely new perspective of the state of mind "that you can actually take control of it and upon doing so, you will be able to loosen up, bring out the best in you, and enjoy life. It also teaches its readers to love themselves a little bit more, break free from any insecurities or fear, get rid of the negative emotions, and just live life not worrying about how to please other people. Truly an eye opener and such an empowering book! Can't wait to apply this book to my life and see how better my life will become. As the author put it, the future is now and anything you do today will create your future. Find your purpose now. Choose to break free from your depression, stress, insecurities or any other thing that holds you back today. Pick up this book. You won't regret it.

My grandfather is under depression. He just sits in a room and not come out of there, he did not talk to anyone, do not work anything. It is really very difficult especially for those around him. In particular, it is such in winter, in summer it is much better, but this year he did not improve either in summer or in winter. This book can really have a positive effect on your life. Everyone with depression should read this book. I learnt a lot from this book.

This is a good message with some approachable long term ideas. But there are parts of the book that are the same-word for word. Chapter 4 isn't even a chapter, just half of chapter 3.

This is an amazing book and helps to encourage you to relax and expect great changes to come upon, specially in the areas of stress, depression, anxiety. This book also helps to stop dying and start living, reduce fear and depression cure. A really good read to help diffuse the stress before the attack sets in. Recommended to all.

The writing was so bad, I wasn't able to finish the book. The tone was also very condescending.

This is a really good book written by somebody who's been there, knows what derision is all about and tells their story on how they learned to get out of that. The author has many stories that we can learn from and apply to our every day lives.

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(BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life
(depression cure, postpartum depression, ... depression self help, depression free)
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This workbook is full of ... CBT therapy and CBT books on social anxiety.
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Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers)
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Detox, Fat Chance, Cleanse Diet,) Social Anxiety: Overcome Social Anxiety & Shyness Forever For the Life of Me: Conquering Insecurities and Depression - A Bible Study for Teens and Young Adults Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition

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