

Making Peace With Depression A Warm Supportive Little Book To Reduce Distress And Lift Low Mood Making Friends

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~~Making peace with depression~~

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If you're suffering from depression or low mood, you can end up feeling very alone, desperately struggling to find a way through - but recovery is possible and, in Making Peace with Depression, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or fighting the 'black dog' of depression can actually prolong your suffering, whereas making peace with your darker emotions by compassionately accepting these feelings ...

Making Peace with Depression: A warm, supportive little ...

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Making Peace with Depression: A warm, supportive book to ...

Another piece of making peace with your depression is to admit to yourself that, in fact, you are struggling. Awareness is the starting point for dealing with pretty much everything in our lives. Being aware of why you're feeling so sad after a broken heart is the first step towards mending it.

Making Peace With Your Depression Once & For All

Making Peace with Depression: A Warm, Supportive Little Book to Lift Low Mood and Reduce Despair (Audio Download): Amazon.co.uk: Sarah Rayner, Kate Harrison, Dr. Patrick Fitzgerald, Sarah Rayner, Kate Harrison, Tom Beecar, Creative Pumpkin Publishing: Audible Audiobooks

Making Peace with Depression: A Warm, Supportive Little ...

If you're suffering from depression or low mood, you can end up feeling very alone, desperately struggling to find a way through - but recovery is possible and, in Making Peace with Depression, bestselling authors - and friends - Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or fighting the 'black dog' of depression can actually prolong your suffering, whereas 'making friends' with your darker emotions by ...

Making Peace with Depression | Sarah Rayner - Author

If you're suffering from depression or low mood, you can end up feeling very alone, desperately struggling to find a way through - but recovery is possible and, in Making Friends with Depression, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald help speed

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your journey to recovery. They explain that hating or fighting the 'black dog' of depression can actually prolong your suffering, whereas 'making friends' with your darker emotions by ...

Making Peace with Depression: A warm, supportive little ...

If you're suffering from very low mood, you can end up feeling alone, desperately struggling to find a way through - but recovery is possible, and in Making Peace with Depression, best-selling authors Sarah Rayner and Kate Harrison, together with Dr. Patrick Fitzgerald, discuss how. They explain that hating or fighting depression can actually prolong suffering, whereas making peace with ...

Making Peace with Depression Audiobook | Sarah Rayner ...

If you're suffering from depression or very low mood, you can end up feeling alone, desperately struggling to find a way through - but recovery is possible and, in Making Peace with Depression, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or fighting depression can actually prolong your suffering, whereas making peace with difficult emotions by compassionately accepting these feelings can restore health ...

Making Peace with Depression - Sarah Rayner - Author

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Check out this great listen on Audible.com. Audio exclusive on how to overcome loneliness at the end of the book. If you're suffering from very low mood, you can end up feeling alone, desperately struggling to find a way through - but recovery is possible, and in Making Peace with Depression, best...

Making Peace with Depression Audiobook | Sarah Rayner ...

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accepting these feelings can restore health and happiness. Sarah (Making Friends with Anxiety) and Kate (The 5:2 Diet Book) write with candour, compassion and humour about lifting low mood and easing symptoms because they've both experienced - and recovered from - depression themselves, while GP Dr Patrick Fitzgerald draws on his clinical ...

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