



# **Depression: The Natural Quick Fix: A No B.S. Drug Free Cure To Overcome Depression & Be Happy For Life**

*Frank Gibson*

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**\*\*\*LIMITED TIME BONUS INCLUDED\*\*\* - FREE "Beat Depression Today" Tri-Enhanced Audio Hypnosis MP3 INSIDE**

**Are you fed up of being depressed and going through life feeling numb and confused, wondering what's the point of it all?**

This book contains proven steps and strategies on how to overcome your depression without using any medication. By the time you finish reading this book you will be set on a whole new path in your life. You will be equipped with the tools to finally end your depression and regain your love for life once and for all. I know this stuff works... because I am living proof. Not long ago, I was in a state of deep depression that lasted for around 5 years. The only way I can describe it is that it felt like I was in a prison of negative emotions and I just couldn't find my way out. My health, relationships and career were all declining, day by day getting worse and worse. It got to the point where I started to wonder if I would ever even feel happy again. One day I caught myself thinking "it would be so much easier if I just wasn't alive". At that moment, as I became aware that I was actually contemplating suicide, that was the moment I decided that I was done with "depression" and I became determined to do something about it. It was at this point that I decided to take responsibility for my life. To stop blaming other people. To stop blaming circumstances. To stop playing the victim role in my life. **I realized that the only person that could change my life was ME.** This book is a compilation of everything that helped me become the happy, healthy, confident man I am today. Now I know the title promises a quick fix, but don't be fooled into thinking that by reading this book and doing nothing your life will change. If that's what you're looking for, I'm afraid that's never going to happen my friend. No-one is going to come to your rescue. No-one is going to save you, except YOU. **If you take the information in this book and put it to work in your life, I guarantee that you will see your life change before your eyes.** I wish someone had written this book for me when I was depressed but I'm grateful that I can now share everything I learned with you.

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