

Depression *Recovery* Program®

1 IDENTIFYING DEPRESSION
AND ITS CAUSES

2 LIFESTYLE TREATMENT
FOR DEPRESSION

3 NUTRITION AND
THE BRAIN

4 HOW POSITIVE THINKING CAN
DEFEAT DEPRESSION

5 POSITIVE LIFESTYLE
CHOICES

6 STRESS WITHOUT
DISTRESS

7 LIVING
ABOVE LOSS

8 HOW TO IMPROVE
BRAIN FUNCTION



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