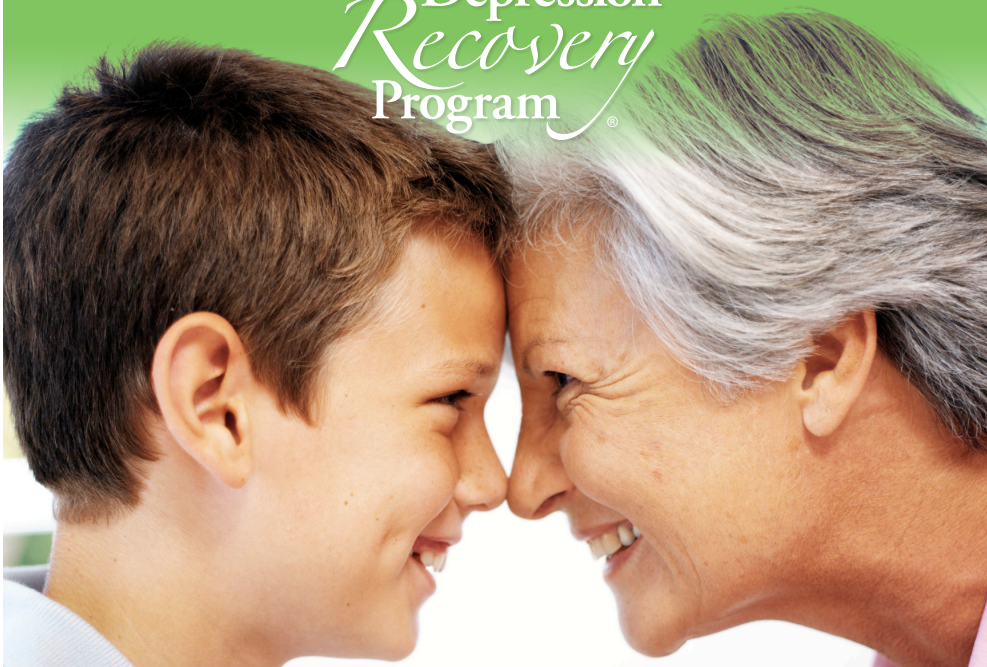


Depression Recovery Program



1 IDENTIFYING DEPRESSION AND ITS CAUSES

2 LIFESTYLE TREATMENT FOR DEPRESSION

3 NUTRITION AND THE BRAIN

4 HOW POSITIVE THINKING CAN DEFEAT DEPRESSION

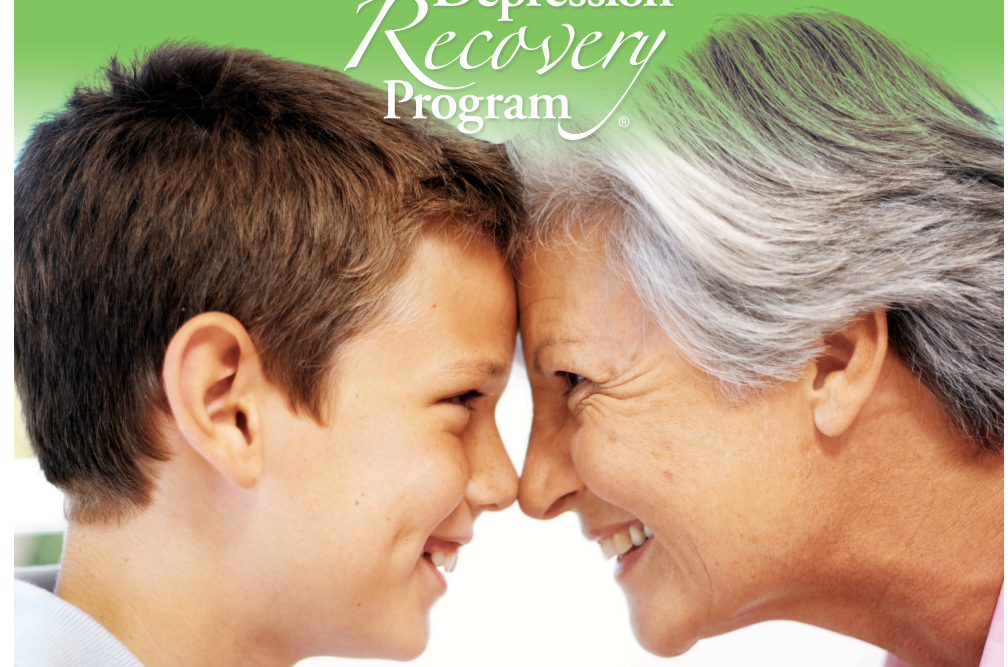
5 POSITIVE LIFESTYLE CHOICES

6 STRESS WITHOUT DISTRESS

7 LIVING ABOVE LOSS

8 HOW TO IMPROVE BRAIN FUNCTION

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