



The Depression Miracle: Seven Keys to Shattering the Chains of Anxiety, Depression, and the Unfulfilled Life

Greg Thredgold

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In the Depression Miracle, you will learn how to discover an inner strength you never knew you had. You will begin to see life as a classroom in which the challenges we are given from God and the Universe are to help us learn and grow, not fear life. You will learn to know, trust, and love the real you – your inner self, your inner being. Most importantly, you will be taught Seven Essential Keys to shatter the chains of depression, anxiety, and unhappiness that hold you bound in your life. The greatest help I got in my fight through mental health was listening to people who knew what it was like to go through it. I have been there, done that, and beat it. If today is the day you want to start changing your life and find success, this book is the key.

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