



## Let s Prevent Depression and Eliminate Harmful Mood Swings: The Stress-Busting Practice Called Skillful Emotionality (Paperback)

By Pamela Anne Maccabee

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.LET S PREVENT DEPRESSION AND ELIMINATE HARMFUL MOOD SWINGS introduces the reader to a wholly natural physiological process that is easily used as a stress-busting practice, one which has been intentionally utilized as a practice by people since the early 1950 s but not introduced broadly as a specific practice to the public-until now. It most likely would not yet be publicly promoted were it not for the fact that the seventy-two year old author, who inherited the vulnerability to depression/mood swings from both sides of the family and who at the age of twenty-three had seriously planned to kill a few strangers, was fortunately hospitalized, received ECT which was effective, and six months later survived a suicide attempt and eight month hospitalization in Vermont s state hospital, a hospitalization which also was effective due to the wise pharmaceutical intervention of the head psychiatrist and an excellent rehabilitation and aftercare program. Nearly five years after discharge, in 1974, while unknowingly in danger of re-hospitalization, the author was introduced by a friend to the natural stress-busting peer-taught practice that not only prevented re-hospitalization...



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