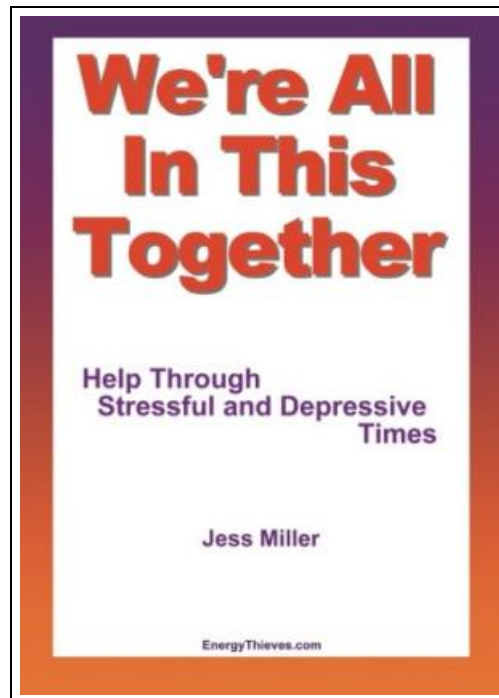


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MillerBooks. Paperback. Condition: New. 110 pages. Dimensions: 8.1in. x 5.8in. x 0.2in. Jess Millers **Were All In This Together** has helped many people get themselves through stressful and depressive periods in their lives. Jess outlines how we gradually get battered down by the system of life we live under until we finally cave in and reach the darkness of depression, but that this is a normal place for human beings to find themselves in, after all each of us has a different level of resistance to stress so its hardly surprising that many of us succumb to its battering and become depressed. Once were in the darkness though there are things that we can do for ourselves to help us find our way back to the light. Jess gives you twelve easy yet powerful self-help therapies, his Neil Armstrongs being one small step that becomes a giant leap away from the darkness of stress, tension, loneliness and depression. These easy yet powerful self-help therapies get you to slow everything down that is going on in your life and do things for yourself whilst truly appreciating what you are doing. They stop you being reactive to the things that have made you stressed and depressed and you become proactive for yourself in simple ways that push the noise going on in your life away so you can enter a period of calm in which your mind and your body can start to mend. For people who are all up and together, rushing through their lives utterly convinced they are living the right way these therapies may seem trivial, but for someone who is hurting in the darkness of depression and whose life has become surreal they are of real value. By understanding the stressful descent into depression, what its like when youre...



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