



Believing is Seeing: 15 Ways to Leave The Prison of Depression

Hugh Smith

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This work is to help the reader work through the various issues that afflict the depressed individual. Believing is Seeing and the 15 WAYS are extra incentives that over the years have been found to help the depressed in the recovery process. They also serve as excellent discussion topics for group step study programs. These 15 WAYS are excellent companion peices to the Depressed Anonymous Manual and the Depressed Anonymous Workbook.

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Clara Bearden:

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