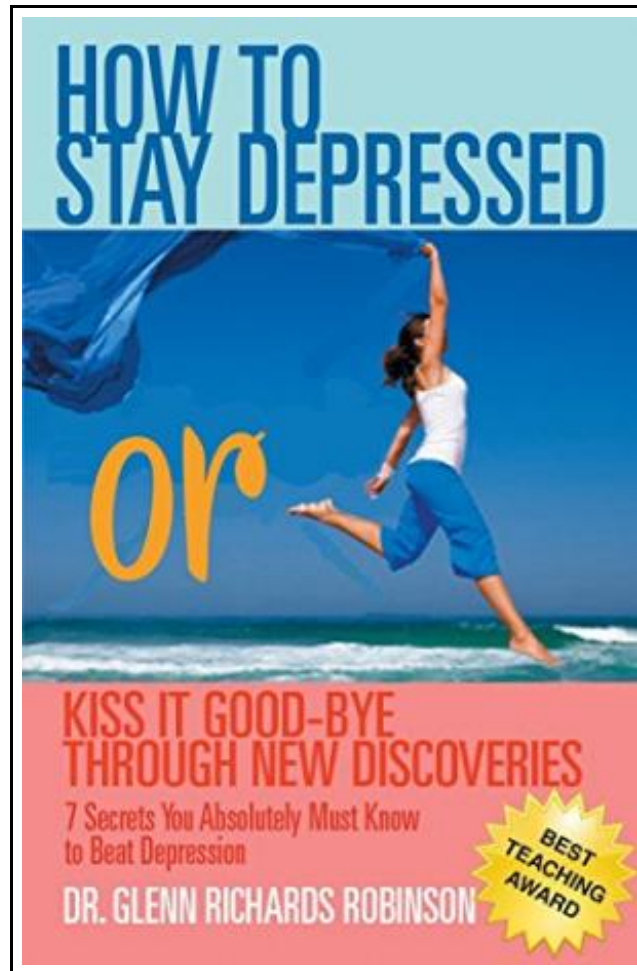


## How to Stay Depressed: Or Kiss It Good-Bye Through New Discoveries (Paperback)



Filesize: 8.69 MB

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*(Jace Gusikowski IV)*

## HOW TO STAY DEPRESSED: OR KISS IT GOOD-BYE THROUGH NEW DISCOVERIES (PAPERBACK)



Dog Ear Publishing, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It s no secret that these are very difficult times, and incidents of depression have increased dramatically. This book, HOW TO STAY DEPRESSED: OR Kiss It Goodbye Through New Discoveries provides the newest, and most up- to-date methods to successfully treat depression. Drawn from many different disciplines - psychotherapy, neurology, nutrition, psychopharmacology, alternative medicine and even spirituality- it is a simple, reader-friendly guide to understanding and immediately applying this new information. Dr. Robinson received his undergraduate degree in psychology from Northeastern University in 1968, and his doctorate in counseling psychology from Boston University in 1978. In private practice for 32 years, he has been on the Courtesy Staff of Osteopathic Hospital in Portland, Maine, and has done numerous psychological and psycho-neurological evaluations for the court, in-patient, and residential programs. An award winning instructor, he has taught at the University of Southern Maine, Southern Maine Community College, and lectured in the Community at large. His subjects included the treatment of depression and anxiety, as well as the power of suggestion, and clinical hypnosis. In the 1980s, he pioneered a radio program called Psychological Insights on WLOB, AM radio. An avid sailor and sports fisherman, he is now retired and summers on Peaks Island in Maine and winters in Boca del Toro, an island off the coast of Panama. He is working on his next book called How to stay in a Crummy Relationship and gathering material on his third.



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Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Poor Man and His Princess is a children s short story...

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**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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**Electronic Dreams: How 1980s Britain Learned to Love the Computer**

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber

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**Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Brewer, Jo Ann (Paperback)**

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