

Breaking Free My Life With Dissociative Identity Disorder

After nine and a half years of recovery, Sara had built a successful life for herself and her daughter. A life they both found rewarding, exciting, and prosperous. Until the day she relapsed into an uncontrollable addiction. An eighteen-month drug run came crashing to an end in the back of a police car, with Sara in shackles and handcuffs. She was sent to the county jail where she had a million-dollar bail and was facing over a dozen serious felony charges. Not knowing if she would be spending the coming years of her life as an inmate in a state prison, Sara was inspired to create this personal memoir. "One evening early on, I heard a voice clearly speaking to me, 'Prepare your heart to receive my gift.' I cannot explain how I recognized the voice of God. I simply knew that I was to embark upon a journey illuminated by revelation and marked by agony and ecstasy. Alone and secluded in the darkness of confinement, I committed to embark upon the path ahead." Sara's real-life account affirms that addiction is deadly, progressive, and incurable. Her experience also proves that there is a solution called recovery. Sara details both in an intensely moving memoir.

Breaking Free of Bullying began when my own career as a teacher was threatened after twenty years of loyal service, by a boss who deemed me as an unprofessional teacher and who felt my job performance was unsatisfactory after only two years as

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principal. I began to feel targeted when I was constantly asked to come into the office for discussions that had to do with complaints from parents and staff members. The principal at that time was using me as a scapegoat to further her own agenda of climbing the corporate ladder to the district office. I was an easy target because I was an outspoken educator who fought for injustices as a union representative. Breaking Free of Bullying is an interactive book that is written for children, teenagers, and adults who feel they are being bullied in some way or another. This book will ask emotional questions that are meant to provoke deep reflection. Through the use of mindfulness education (ME), this book will allow you to write out your feelings, ideas, and imaginary details. Likewise, this book will give you an opportunity to express the true emotions you are experiencing with those who are bullying you.

Are you ready for an alternative to popular culture's "me-first" approach to life? Now, from the author of "Living Wisely," comes timeless straight talk in the new book, "Breaking Free ... From Me." If you are desperate for a different kind of life that really satisfies, then you can find in these pages the way to get self in sync with the bigger picture of life. "Breaking Free ... From Me" will help you... Discover the remedy for self-absorption Pinpoint mental roadblocks keeping you from the joy of truly giving self away Move on from "Me-ville" to places you never dared Learn how to view yourself through God's eyes Apply the book of Jonah, verse by verse, to your own life and those you influence

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Lacey Szdoka stays busy as the hyena queen, but after her fiancé's death, nothing seems to matter. She wants to finish off the evil pack outside the city, hunt down the mastermind behind their dark crimes, and drag the hyena clan into legitimacy. Even the grinning Nick, with his smooth pick-up lines and bad boy attitude, isn't enough to distract her from her duty. Until he claims to be her mate, which is impossible -- her mate is already dead. Nick prefers life as a lone wolf until Lacey walks into his life. His last mission, to free his employer and finally kill the man behind all the crimes in the city, should have been a piece of cake. Instead, he finds himself dealing with witches and sorcerers and an ill-tempered leprechaun, and fighting to convince Lacey that he's her mate. As they attempt to free the victims trapped in between worlds, old enemies return to finish what they started. Nick will give anything to keep Lacey safe, including his own life. Lacey must face an unnerving choice: stay on as the hyena queen and die young, or do what has never been done before -- abdicate, walk away, and start life over. She aches to break free and find out what adventures the world holds, but can she really walk away from her family and responsibility? Can she trust Nick when he promises the world?

With 300,000 copies in print, *Breaking Free* is one of author Beth Moore's best-selling releases to date. An empowering book for anyone held back by sin or doubt, it shows readers how to make freedom in Christ a daily reality by identifying spiritual strongholds in their lives and overcoming them through the truth of God's Word. Now, the perennial

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favorite is available in a convenient day-by-day reading format, helping us find our satisfaction in God, experience His peace, and enjoy His presence with each glorious new sunrise.

DIV LORD, HELP ME GIVE YOU CONTROL OF MY LIFE! 8936 /div

Presents the life of the Heisman trophy winner, discussing his poor childhood, his development as a teenage athlete, his college and NFL professional career, his success as a businessman, and his diagnosis and treatment for dissociative identity disorder.

Breaking Free is filled with insights designed to move our life beyond the confusion and frustrations that challenge the desire for personal success. It deals with the #1 issue that makes a person a prisoner in their own life - the negative emotional tapes you have made about the events your life has been handed. These emotional tapes have two tracks - positive and negative. What you know and feel about these events is determined by which aspect of the tape you choose to play. Richard Flint knows, because this book is his life story.

'Breaking Free' is the remarkable true story of one man's journey from the depths of misery and misfortune, through crime, violence and addiction, to the realization of a dream and a happy ending.

"If the Son therefore shall make ye free, ye shall be free indeed" (John 8:36).

Unfortunately, many of the emancipated people of God live well beneath their freedom

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and privileges, because they do not understand how to walk in the liberty to which they have been called. Can you imagine being totally free? Just begin to really imagine all the hurt and bondage gone—free from doubt, fear, and shame. God’s will for his people is to be free. Today’s church is filled with people professing that they are free, but the truth of the matter is that they are bound. It is high time to break free from every captivity: to be loosed even from yourself. Roman 6:22 reveals that, having been set free from sin and having become slaves of God, you have your fruit to holiness and everlasting life. This book will lead you into everlasting life and a free life here on earth. It is time to walk in your freedom. You will discover in this book who or what controls you and enslaves you to the point that you are living in bondage and not freedom in Christ Jesus. Once you identify it, then take action and deal with your pharaoh! LORD, HELP ME GIVE YOU CONTROL OF MY LIFE! No one is exempt from occasional gloomy feelings. But when depression hits, you can identify the roots and change your negative thinking. God does not want you depressed. He wants you experiencing great joy! Everyone needs help now and then. Whether you are a teen, adult or senior, this message brings new hope. Recognize triggers that lead to depression. Discover tools to escape depression. Stand on God's Word and find strength for every situation. SEEK WISE COUNSEL, AND ASK THE HOLY SPIRIT TO LEAD YOU OUT OF YOUR DEPRESSION AND INTO THE JOY OF LIVING!

It was at six years old that Spirit first appeared to Christi. Fear gripped her life from a

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young age, and Spirit wasn't the only thing scaring her. She knew that not everyone saw Spirit the way she did, and without direction and support, she refused Spirit's call until she was twenty-three years old. The only answer was to embrace her true calling as a psychic visionary, medium, and healer. With life taking her to various locations, it was often difficult to make new friends and start over. The one constant has always been for her to discover insightful ways to help people. Nothing would prepare her for her toughest work in the criminal justice field as a probation and parole officer. Riddled with anxiety, depression, and a lack of boundaries as an empath, she knew she could no longer ignore her divine purpose and continue in the criminal justice field. After years of providing inspiration, instruction, and advice to others, it has culminated in *Breaking Free: From Probation Officer to Psychic Medium*. Christis message is to help us understand that by listening to our own divine guidance and understanding our fear and anxiety, we can all live the amazing lives our soul knows from birth.

You were made for more than a love/hate relationship with your body. It's one thing to know in your head that you were created in the image of God. Yet it's quite another to experience this belief in your body, against the cultural ideals of a woman's worth. And between the two lies a world of frustration, disappointment, and the shame of somehow feeling both too much and never enough in your body. Jess Connolly is a bestselling author, sought-after speaker, and trusted Bible teacher who knows this inner conflict all too well, and this book details her journey--and yours--of setting out to discover how to

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break free from the broken beliefs we all hold about our bodies that hold us back from our fullest life. The truest thing about you is that you are made and loved by God. And the truest thing about Him is that He cannot make bad things. This book will help you believe it with your whole self, as Jess guides you through an eye-opening, empowering process of: Renaming what the world has labeled as less-than Resting in God's workmanship Experiencing restoration where there has been injury And becoming a change agent in partnering with God to bring revival to a generation of women Far from a superficial issue, self-image is a spiritual issue, because God has named your body good from the beginning. Whether your struggle is with eating and exercise habits, stress or trauma, infertility or injury, this book makes space for you to experience God meeting you in this tender place, and ring His freedom bell over your body in a whole new way.

Mind Traps and Breaking Free Through God's Love explains how our own thinking brings us into offense, rejection and depression. It is not caused by circumstances or people as some would suggest. Mind traps operate opposite of the characteristics of love that God has placed in our hearts. This book teaches how to recognize and circumvent wrong thinking and stop the progression into depression. It is possible to overcome this destructive pattern that makes our lives a painful roller-coaster existence. God promises in His Word that we can be "more than conquerors" [Romans 8:37]. We can live free from a tormenting thought life and enjoy God's rest in our souls.

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Learn how to be victorious in Christ today and overcome debilitating mind traps! When your life is consumed with empathy and divorce is in the near future, where do you turn? Knowing God was the answer and my growing relationship with Him would be the only thing to keep me at peace. The journey will show you that no matter what is thrown in your path, He will not leave you or forsake you. Having faith and knowing to whom you belong will keep you growing spiritually.

Breaking Free is about making the transition from working for the man to working for yourself by starting your own business or freelancing. By focusing on the personal experiences, ideas, and actions of a variety of self-employed people—including freelance writers, contractors, service providers, store owners and franchisees, sales reps, and others—this book offers readers deep insights into the ideas and decisions required to make self-employment a reality. Along the way, author and self-employed professional Chris Lauer offers a wealth of practical small-business insights and tips. Breaking Free thus offers would-be entrepreneurs and freelancers something priceless—both the skills and encouragement required to shake free of corporate shackles and take the leap into small-scale entrepreneurship. Featuring real stories about the initial spark that motivated individuals to pursue independence and entrepreneurship, Breaking Free follows a variety of entrepreneurs as they move from their jobs as employees to the ranks of the self-employed. It also covers the nuts and bolts of self-employment—pricing and marketing services, keeping an eye on the bottom

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line, and growing the business, among other topics. In addition, Lauer focuses on the advances in technology that make self-employment easier today than ever before. Unlike most books on self-employment, Lauer uses vivid, real-life stories and tips to help would-be entrepreneurs decide the route that is best for them. Experienced entrepreneurs describe how they came up with ideas for their businesses, how they kept their ventures in motion during the early days and over the long term, how they grew, and when they recognized it was time to call it quits and sell or shutter the business. This is not a book for the next Bill Gates, but for the majority of new business owners and those dreaming of creating their own jobs: people ready to take a few risks to make a decent living on their own terms and gain some independence. Both descriptive and prescriptive, *Breaking Free* presents the latest ways to capitalize on today's many opportunities for self-sufficiency and financial autonomy.

Russell Willingham points to the transforming power of Christ as the source of healing, restoration and accountability for those struggling with sexual addictions.

The collection presented on these pages is not just poems. It is a representation of my experiences and emotions that helped shape who I am. *Breaking Free* is a journey through my life in verses about my first love, what I thought was my true love, and lost love. Mixed in are odes to family and friends who have impacted me greatly, observations and comments on our world, and lessons I've learned along the way.

The NFL legend and Heisman Trophy winner shares the inspiring story of his life and

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diagnosis with dissociative identity disorder. Herschel Walker is widely regarded as one of football's greatest running backs. He led the University of Georgia to victory in the Sugar Bowl on the way to an NCAA Championship and he capped a sensational college career by earning the 1982 Heisman Trophy. Herschel spent twelve years in the NFL, where he rushed for more than eight thousand yards and scored sixty-one rushing touchdowns. But despite the acclaim he won as a football legend, track star, Olympic competitor, and later a successful businessman, Herschel realized that his life, at times, was simply out of control. He often felt angry, self-destructive, and unable to connect meaningfully with friends and family. Drawing on his deep faith, Herschel turned to professionals for help and was ultimately diagnosed with dissociative identity disorder, formerly known as multiple personality disorder. While some might have taken this diagnosis as a setback, Herschel approached his mental health with the same indomitable spirit he brought to the playing field. It also gave him, for the first time, insight into his life's unexplained passages, stretches of time that seemed forever lost. Herschel came to understand that during those times, his "alters," or alternate personalities, were in control. Born into a poor, but loving family in the South, Herschel was an overweight child with a stutter who suffered terrible bullying at school. He now understands that he created "alters" who could withstand abuse. But beyond simply enduring, other "alters" came forward to help Herschel overcome numerous obstacles and, by the time he graduated high school, become an athlete recognized on a national

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level. In *Breaking Free*, Herschel tells his story -- from the joys and hardships of childhood to his explosive impact on college football to his remarkable professional career. And he gives voice and hope to those suffering from DID. Herschel shows how this disorder played an integral role in his accomplishments and how he has learned to live with it today. His compelling account testifies to the strength of the human spirit and its ability to overcome any challenge.

LORD, HELP ME SEE WHAT'S REALLY IMPORTANT! Stress is all around us—a byproduct of our postmodern lives. We have too little time, too few resources and little control over much of our lives. But you can break free from stress and its effects. Discover how to laugh more, enjoy life to fullest and stop letting stress slow you down. Understand stress and how it operates in your life. Identify the physical and emotional signs of being overstressed. Apply biblical stress-free strategies to specific problems. When you are overwhelmed and have done all that you know how to do, God is the resource that will never run out. Let Him relieve your stress!

Finding A Break In The Clouds brings the dark and elusive mystery of eating disorders to a comprehensible light by naming it. The "invader" (anorexia/bulimia) and its thugs (Guilt, Shame, and the fear monster) are exposed and conquered during the reader's experience. This is accomplished through use of symbols, interactive activity breaks, fresh new perspectives, and unique journal exercises -- all based on the newly-planted seed of self-care - "There is nothing wrong with me!" While implementing this unique

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process, the eating disorder is seen as less of a tragedy, and more of an opportunity to build a new, impervious strength. With this creative workbook, the reader gains access to the warrior within, signs a declaration of war on the invader, signs a peace treaty with food, learns how to naturally and gently re-nourish the body, rescues stifled emotions, builds a House of Being, constructs a relapse prevention kit, and climbs the clouds to reach the sunshine of freedom from food illness. The readers is able to separate himself/herself from anorexia/bulimia, and uncover the innate greatness which was there all along. In the last chapter, a peace treaty with the invader is signed, and the reader writes a good-bye letter to the eating disorder, acknowledging it as an experiential teacher. Finding A Break In The Clouds also reaches out to family members and friends who are attempting to understand what is happening to their loved one. Chapter ten (Frequently Asked Questions) and Chapter Eleven (Tips For Family and Friends) offer family members, friends, peers, and spouses a new inside understanding of the world of anorexia/bulimia, as well as advice on what to do, and what not to do when trying to help. Filled with diverse activities and exercises, Finding A Break In The Clouds allows each person to find the unique internal system of recovery which can ignite the individual healing process, and light the path to well-being. Breaking Free is a user-friendly guide to A Course in Miracles, illustrating principles with fascinating stories from Lorri Coburn's psychotherapy practice. It is the quintessential introduction that bridges the gap between traditional religious beliefs and

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A Course in Miracles. This is a must-read, first companion to A Course in Miracles. "Lorri Coburn is a woman who demonstrates in this book that she doesn't just ask the tough questions, she has also found the answers. I've never seen a more satisfying explanation and resolution of the mysteries of life. I enthusiastically recommend this wonderful book." -- Gary Renard, best-selling author of The Disappearance of the Universe.

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Break Free of Overthinking and Reclaim Your Life. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm , refinement,

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intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Break Free of Overthinking and Reclaim Your Life. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live

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your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Breaking Free is the sequel to the author's crime novel Getting Even: Revenge Is Best Served Cold. Livia Morrison was taken against her will, but finally breaks free. She takes all Harry's money, sells his flat, and escapes to the United Arab Emirates, where women alone are frowned upon, so she knows she can't stay there forever. Three years later, Livia travels to a small community in North Wales, where she hopes she can leave her past buried and live a quiet life unnoticed. Then her problems really begin. Livia knows she is being stalked, but keeping the intruder out of her home is proving impossible. Then the mysterious telephone calls come. Were they of an earlier era? Livia doesn't want to remember her early life and has locked it away in the depths of her mind. But the voice on the phone is making her remember things she never realised she knew. There are too many unanswered questions. How does the garden stay so perfect? It's the height of summer, yet outside it's autumn and the leaves are beginning to fall. Then she finds the seafarer's chest in the attic...

8-week personal finance video small-group curriculum bundle, offering eight one-hour videos, 128-page workbook, and online assessment and coaching program.

After Noya calls off her wedding on the big day, she decides to travel. Alone. That's when she notices Ranbir, who is insistently and coincidentally touring the same places that are on her itinerary. She tries her best to avoid him – thinking him to be either someone sent by her parents or a stalker – but whenever she falls into trouble during the journey, he is always there

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for her. When they meet at her NGO opening ceremony in Goa, she realizes he isn't a stalker after all. With time, friendship blossoms and she learns he is about to get married. She also gets to know that his bride-to-be is a money-loving imposter and wants to reveal her true intentions. Ranbir is drawn towards Noya and confesses his feelings, but she has other plans. As Ranbir invites Noya for a trek to the Himalayas, he wonders if this could be a journey to their hearts. Breaking Free is a cocktail of emotions, with the tanginess of love, care and friendship.

The author discovers that God intends for his children not to live under the oppression of the enemy but to find the victory that comes not from effort or determination, but from surrendering completely to the Spirit of God.

My goal is to bring true life to those who feel they are all alone in the world; however, they know there is freedom beyond their heartache and pain.

Breaking Free is a book of one woman's journey to freedom. I woke up this morning with an idea, a creative thought. I realized that I was no longer lost, but found. The shattered fragments of my life shifted into place, and my concept of self was reestablished. I was imperfect but learning. I saw beauty of spirit, clarity of mind, a loving heart, courage and unfailing strength and said, "Here am I." I remembered that I was a dreamer, always had been, always would be, and I stretched into my old self and I fit "like a well-loved glove." I understood, or perhaps remembered, in that moment that I was special, that the spark that had ignited my soul at birth was intact. That all the impossibilities were but hurdles to be jumped, in a race of "life to be won." My picture of self had survived the war years! Pain was not a part of that but only a tool by which to learn: that forgiveness was part of healing, necessary to survive. That ultimately

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we have no enemies except the enemy of self. That there were no restrictions on happiness, except those, self-inflicted. There were no dreams that could not be realized except those we had not the courage to dream. Hardships were not handicaps but mere stepping stones to greater faith. Beyond, yet within the stretch of my hands, is the gift of self, God Given. I am the miracle He created. My world will be all that I make it! Humbly I walk, steadily towards eternity, amid endless possibilities. The choices, they are mine!

As you uncover thoughts and behaviors that hinder you from being your best self, you will learn to overcome them and guard the entrance ways to your heart and mind. You will learn how to speak words consistent with what you want in life and watch your relationships, finances, career, and other areas of your life change for the better. By applying fundamental biblical practices, you will learn to live above your circumstances every day. Letting go of old thinking and ways of doing things will empower you to live the life you desire. By focusing on who God created you to be and what Jesus Christ has already done for you as a Christian, you will learn to be authentic and express yourself regardless of who is present. When you apply my breaking free process to your life, you will tap into God's blessing flow and live a purposeful, abundant life. Regardless of your family history or your past and current life experiences, God has a plan for your life, and it includes you being free from all harmful thoughts and living a life of continuous joy and peace that can be shared freely with others.

This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. This new edition by clinical psychologist Kay Toon now refers to types of abuse that have come to light more recently, such as street

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exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Breaking Free is regularly recommended by agony aunts and therapists. A Department of Health project provided copies of Breaking Free and the Breaking Free Workbook to NHS Mental Health Provider Trusts. 'The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book.' British Journal of Psychiatry 'The way the book instils hope is inspiring' Journal of Social Work Practice 'This book will be enormously helpful to those who have endured sexual abuse.' Nursing Times

Now available in paperback and one of Beth Moore's most popular writings to date, Breaking Free is the breakthrough book on how to overcome the strongholds of sin and discover a better life.

The weekly source of African American political and entertainment news.

A heartbreaking and heroic detail of a son's journey through a life of addiction and prison, with a mother's perspective from the outside.

Challenging popular beliefs about codependency to trace the condition's origins in incomplete developmental tasks from the first year of life, a revised guide to understanding and healing codependency shares case stories of people who have successfully applied specific therapies to transform themselves and their relationships. Original.

Bestselling author Lauraine Snelling crafts a poignant story of hope and restoration for a newly paroled mother rebuilding her life after the loss of her son. Maggie Roberts is starting over again after her reckless driving led to a 10-year prison sentence and the devastating loss of her son. Having learned to repurpose retired thoroughbred racehorses through an inmate

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training program, Maggie finds a way to rebuild her life. But it's not until she meets single father Gil Winters and his wheelchair-bound son, Edward, that she finds her calling. In helping Edward with his therapy using horses, Maggie finds herself coming to life again. But when a shadow from the past returns, Maggie is forced to choose between her newfound freedom and getting Edward the life-saving help he needs.

When it comes to treating depression, one size definitely doesn't fit all. How do you find the science-based treatment that will work for you? What can you do to restore the fighting spirit and motivation that are so essential for overcoming this illness? Leading psychiatrist-researcher Jesse Wright and his daughter, Laura McCray, a family physician, have helped many thousands of depressed patients discover effective pathways to wellness. Here they describe powerful treatment tools and present a flexible menu of self-help strategies you can try today or turn to in the future. Dozens of easy-to-use worksheets and forms can be downloaded and printed from the companion Web page. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how.

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