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The Freedom from Depression Workbook (Minirth Meier New Life Clinic Series)

Frank Minirth, Les Carter

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Learn to manage depression in *The Freedom from Depression Workbook.* Les Carter, Ph.D., and Frank Minirth, M.D., introduces a 12-part interactive program that identifies moods and patterns which affect our feelings. With the help of this book, peel back the layers of what causes depression and learn to develop keys to lasting change.

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