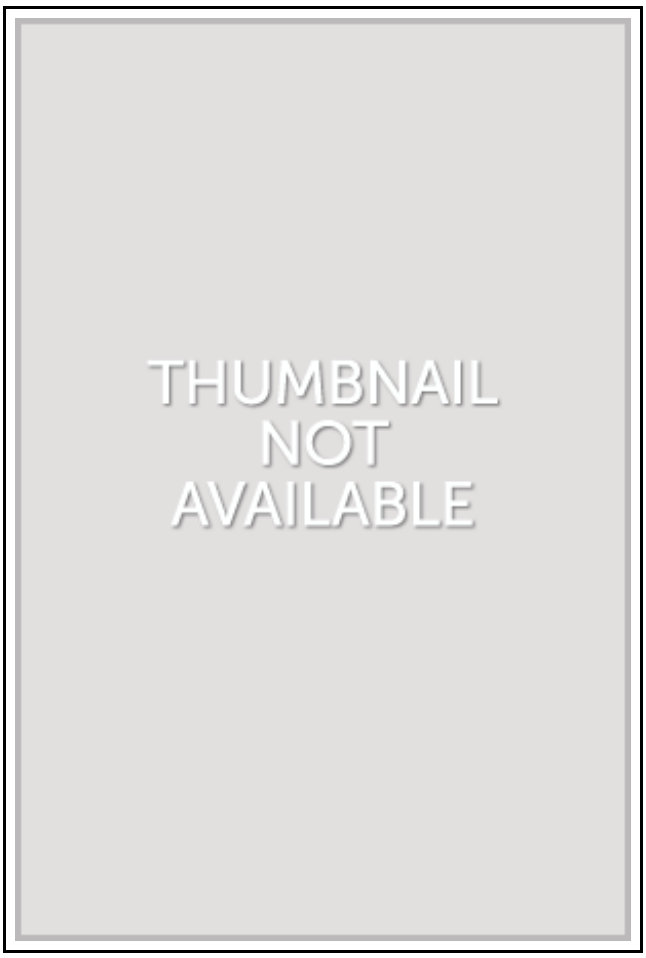
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Fulfilling Happiness Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are a passionate self improvement enthusiast, or someone currently seeking strategies to overcome depression, anxiety or a related mental health condition, the 20 principles revealed will put you on a clear path to greater happiness and health. There has never been a greater need for this anxiety and depression self help manual. In most Western countries, up to 45 of people experience a mental illness condition. 25 of people will require depression help or anxiety management and relief. Over 50 of the population suffers from high stress. Over 50 of people are overweight. Over 50 of people will separate from their long-term partner. Don t be another statistic! Based on real-world results gained from a decade of clinical consulting and research experience, Maximum Mental Health outlines how you can overcome depression and anxiety and enhance every major area of life. With 3 free mindfulness meditation recordings to download as an additional bonus, now is the perfect time to maximize your mental health. Contents include: The Principles of Increasing Motivation Behavior is King: Revealing the Secret of Motivation Psychology / Control Your Environment or It Will Control You: Be calmer, more creative and find peace the simple way / Move to Find Your Groove: Develop self-confidence, exercise motivation and mental fitness by increasing movement / Positive Focus: Learn the simplest and most effective positive thinking habit / Mindful Acceptance: Overcome negative thinking through mindfulness training exercises for stress reduction and positive well being The Principles of Enhancing Mood and Living Well Pure Pleasures: Uncover the foundation of happiness and key activities to move away from depression / A Real and Supportive Social Life: How to...

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