



# Click: Beating Depression and Anxiety

*Fred Skaff*

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## **Click: Beating Depression and Anxiety** Fred Skaff

Depression is something that a lot of folks face, whether you believe you have major signs of depression.

Or that you have anxiety. Or maybe your mind starts to play tricks and you believe you are bi polar

These are the questions i asked myself. I thought i was loosing my mind, and showed the typical signs of depression

not sleeping, staying out of social circles, avoiding others, etc you get the idea. Then i did the unthinkable i attempted to

take my own life. Inside this book will take you thru the hell i went. And bring you out the other side with hope, and a realization

That you can change your life. I have been were you are , this will help. (Strong Language advised)

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