



# Prison Break: Conquering Depression my way

*E.J Aponte*

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## **Prison Break: Conquering Depression my way** E.J Aponte

Prison Break: Conquering Depression my way tells the life of author E.J Aponte and her battle with depression. Embarking on an endeavor unlike any other, E.J shares her blueprints on how she broke out of a mental prison. E.J is hopeful, that is book changes lives.

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