



Moving Beyond Depression: A Step by Step System for Reclaiming Your Life From Depression

Carol L. Rickard

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If you are sick and tired of feeling sick and tired then this books for you! Moving Beyond Depression gives the reader a step by step system for relaiming their life from depression. Author and behavior specialist, Carol Rickard, has lived on both sides of depression - the personal & the professional. She has first hand knowledge of what it is like to be crippled by depression & then MOVE BEYOND it. She also has the experience of 20 years in the mental health profession as a Recreation Therapist & a Licensed Clinical Social Worker. In Moving Beyond Depression, she shares the "secret weapon" she developed to help her reclaim hope, health, and happiness. What was once only shared with those hospitalized - comes right in to your house! Become one of the many who have used the system to reclaim your life!

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