



# The No-Bullshit Guide to Depression

*Steven Skoczen*

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**The No-Bullshit Guide to Depression** Steven Skoczen

**The manual for living with depression that everyone should have been given.**

Funny, insightful, and relentlessly honest, The No-Bullshit Guide to Depression sets down the stigma and talks through every aspect of living with depression and building a life you love.

Broken down into bite-sized chapters, this book is packed full with everything you need to know about depression, and 60+ research-backed tools to take it on.

The book doesn't shy away from anything.

It covers day-to-day truths like how food, sleep, and sex get weird and practical insights like how to handle all the people in your life. It delves openly into the deep dark places, and talks about how to survive the suicidal thoughts that can come with the toughest days of depression.

Throughout the book, Steven writes with a clear, no-nonsense style and the genuine empathy of someone who's lived with depression. His passionate, funny, and irreverent approach gets people talking, and pulls depression out into the light.

Whether you deal with depression or know someone who does, this is the book to get you through its visits, and into a value-filled life.

## **Praise for the No-Bullshit Guide to Depression:**

- "Probably the best self-help book on depression I've ever read."  
?-- Joe Rhinewine, PhD?  
Director and Psychologist, Portland Mindfulness Therapy
- "Kitchen-table readable and insanely good. I don't know anyone who's writing about this right now who has such a deep toolbox."  
?-- Marny Lombard?  
Forefront: Innovations in Suicide Prevention

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### **From reader reviews:**

#### **Sheila Foxworth:**

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#### **Dollie Simmons:**

Now a day folks who Living in the era exactly where everything reachable by talk with the internet and the resources within it can be true or not require people to be aware of each details they get. How many people to be smart in getting any information nowadays? Of course the answer is reading a book. Reading a book can help people out of this uncertainty Information specially this The No-Bullshit Guide to Depression book as this book offers you rich info and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it you probably know this.

#### **Kim Free:**

Playing with family in a park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The No-Bullshit Guide to Depression, you may enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't buy it, oh come on its known as reading friends.

#### **Douglas Brim:**

This The No-Bullshit Guide to Depression is new way for you who has fascination to look for some information as it relief your hunger details. Getting deeper you into it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this The No-Bullshit Guide to Depression can be the light food in your case because the information inside this kind of book is easy to get by means of anyone. These books develop itself in the form and that is reachable by anyone, sure I mean in the e-book type. People who think that in book form make them feel sleepy even dizzy this publication is the answer. So there is absolutely no in reading a guide especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the item! Just read this e-book sort for your better life along with knowledge.

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