

In her latest book, depression counselor, Alexandra Massey, distills years of hard-won strategies for treating depression. She provides an easy-to-follow ten-step program that will help you beat it quickly and without pharmaceuticals. Massey, who has suffered from depression most of her life, refused to take prescription drugs when her symptoms became debilitating. "I was very clear about the root cause of the depression," she says. "It was very, very low self-esteem. The overriding symptom was deep hopelessness and I had a sense that connecting with others who knew how I felt was what I needed" not drugs. According to Massey, the first step toward recovery from depression is acceptance. "Depression is like wet sand. The more you push, the harder it gets. By accepting depression, you will find a sense of relief." The second step is trust. "When we are dealing with the despair and hopelessness of depression, it's almost impossible to believe that everything is going to turn out OK," she writes. Massey attributes her own recovery in part to her years-long participation in 12-step programs. From the recovery movement she learned the power of "letting a greater power into your life." Says Massey, "For me, real change didn't happen until I acknowledged that I couldn't beat depression on my own and that I needed to rely on something bigger and wiser than myself." These are the foundations stones. The remaining steps will lead you on a journey to a new, depression-free life. By following the steps, you will find greater peace of mind, more resilience, and, inevitably, the reemergence of your dreams.

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