



Thank God for Antidepressants!: A Personal Journey to Contentment (Paperback)

By Mrs Jane Maire Newman

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My book is unique in today s book market on the subject of depression the taking of antidepressants. Why is that? Because I am writing from the perspective of one who is actually taking antidepressants, and has done so for a long time. It s my personal story, not a professional take on the subject. I have no medical training whatsoever. However, my book has been vetted by two psychotherapists and a psychiatrist, to be sure that it is not misleading in any way. I am a mother of four and a grandmother of five, and my struggle was a journey of twenty-seven years. I m definitely not handing out a ten point recipe for success. I want people to feel understood, able to hold their heads up and walk tall. It s like a conversation with the reader. Aimed at people who struggle with depression /or medication in any way, and those who wish to understand them or have to live with them! I have written for anyone who is in that situation, but, being a Christian, I do...

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