



Out of the Darkness There Must Come Out the Light: My Story of How I Went From Depression and Suicidal Thoughts to Daily Happiness and Joy

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Who is this book for? This book was written for those suffering from depression and those having difficulty with life. It's for those who want help and sometimes feel like there is no one to turn too. It's for those who want hope and is written by a person who has gone through a lot in life.

In this book you will find the story of an average person who has suffered from depression and suicidal thoughts and who overcame and survived.

This book looks at various mental health illnesses and how to treat them. This book is about despair, hope and survival. This book has a happy ending, just like you will have a happy ending.



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