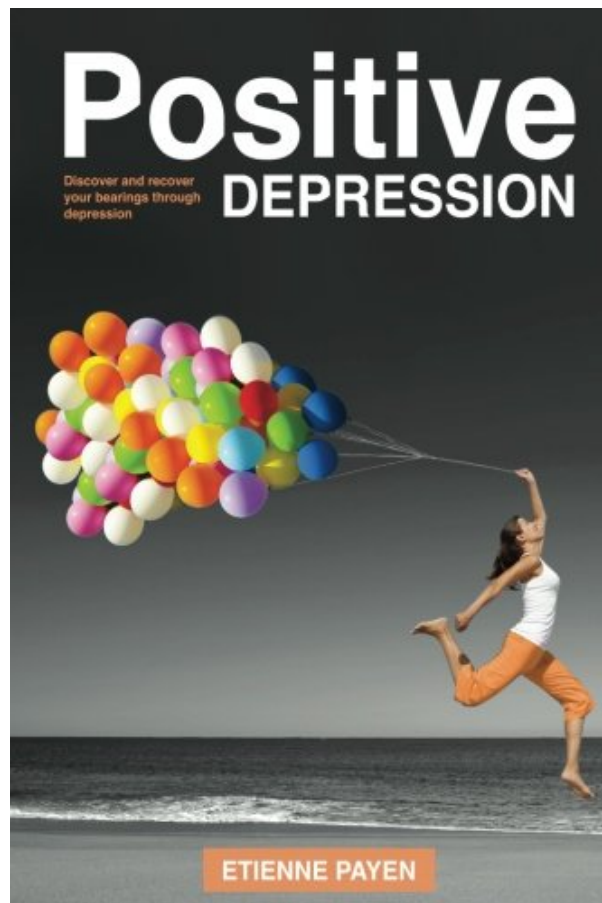
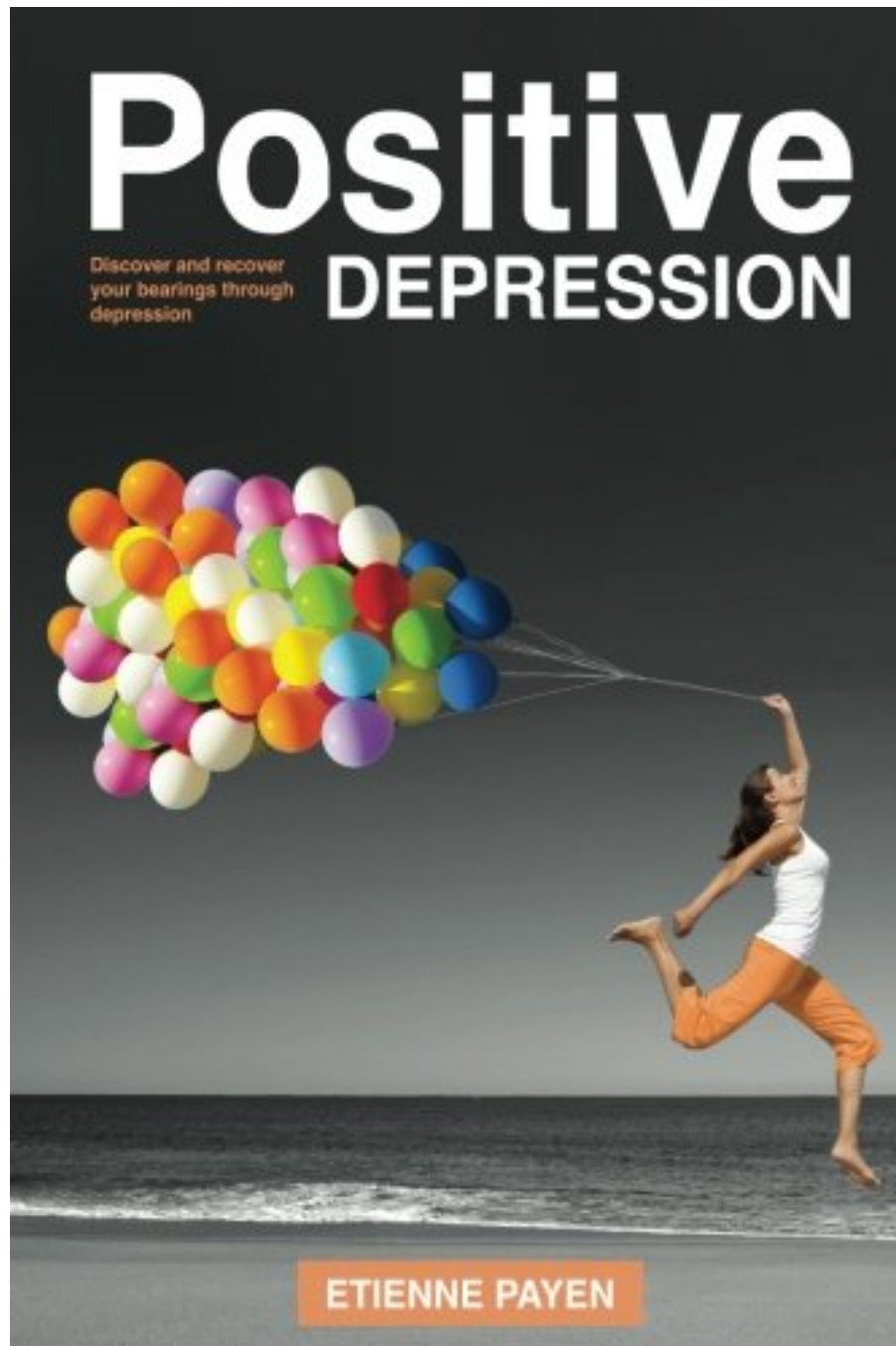


POSITIVE DEPRESSION: THE 8 STAGES OF DEPRESSION BY DR ETIENNE PAYEN



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This book will take you on a journey of self-discovery. What is in a name? What is in an emotion? What makes you feel good? bad? How can you appreciate your life and accept everything that it offers? There are higher beings and higher emotions. One must take on the world and understand what it is to be free, to be one with peace and love and acceptance.

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- Binding: Paperback
- 96 pages

Most helpful customer reviews

8 of 9 people found the following review helpful.

what is in a title

By Oz Ilan

When I saw the title I asked the author what could be positive about depression ? !

Dr. Payen said that when you hit rock bottom there is nowhere else to go but climb out.

Many go depressed, during years, because of being unhappy and not understanding why or just refuse to make a bold move in an attempt to change and break out.

The author, an experienced physician and therapist has put it all, in a simple manner, into words that everyone can understand.

Why, how, what to do. Just a guide to those who already been affected and for those who are on the brink to steer away.

5 of 5 people found the following review helpful.

Great for understanding

By Avid Reader Reviews

This book will take you on a journey of self-discovery. What is in a name? What is in an emotion? What makes you feel good? bad? How can you appreciate your life and accept everything that it offers? There are higher beings and higher emotions. One must take on the world and understand what it is to be free, to be one with peace and love and acceptance.

3 of 3 people found the following review helpful.

Useful guide to self understanding

By Clarissa Kent

Depression is a state that everyone has experienced at least once in his entire life and it may get dangerous for that person if the level of depression is higher. "Positive Depression" is a book that not only helps you discover the symptoms, but also shows how to treat it and get up on your feet.

I like the fact that the book is structured in chapters and each of them describes a phase in the depression stages. This is helpful for various reasons and people. You may experience depression and need to know if you can take antidepressants and for how long or maybe you are just concerned about this subject, "just in case..."

I found this a very well researched, interesting and useful at the same time. "Positive Depression" teach you how to understand yourself in those dark moments in your life.

I recommend this book to anyone especially since because of short periods of depression some people are tempted to make huge mistakes. You must learn how to rise yourself from the bottom of the depression and end up to the second plateau or the icing on the cake.

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