

Depression SELF HELP



**“How to break
through depression”**

Alfred Bellanti

Depression Self Help

“How to Break to Through Depression”

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Disclaimer: Although this book can be of great assistance to a person suffering depression it is not intended, in whole or in part, to substitute for treatment from a suitably qualified professional.

The content of this book to all intent and purpose is true. The book contains knowledge and information based on the author's research, clinical experience, and personal experience.

If this book was purchased for someone other than yourself it is advisable that you let the recipient know that it is not intended, in whole or in part, to substitute for treatment from a suitably qualified professional.

Furthermore the reading and learning of the contents of this book does not in any way qualify the reader or learner to treat a person suffering from depression.

Nevertheless the book can be recommended as long as it is not recommended as a substitute for treatment from a suitably qualified professional.

This book will deal mainly with Major Depressive Disorder (MDD), sometimes known as Clinical Depression. The subtypes and other types of depression will be covered in later issues.

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Introduction

Firstly let me tell you how much I empathize with the way you are feeling right now. You are probably wondering how the hell this book is going to help you beat your depression so I'll tell you why!

It's because I've spent many years in that godforsaken state myself, that's why! Therefore continue to read this book because at least one of the scenarios I cover will apply closely to your case.

In this book you will find ways to avoid depression taking you over completely.

You will learn more about depression so that you can become more objective about it.

You will discover ways to lift you out of your current depression.

You will learn about ways that have been proven to increase happiness.

You will learn about the types of treatment available and

You will learn what you can do to help yourself.

I know now that when you are depressed you view the world through a depressed state and nothing seems to hold interest or present any joy for you.

I also know that when you are depressed your self esteem can plummet and you can feel worthless. You can come down on yourself so heavily that you could start to believe no one wants to know you.

In turn you withdraw into yourself and isolate yourself. That makes your depression worse by precipitating you into a downward spiral from which there seems no way back.

Retrospective self-analysis taught me that there is a point at which the depressed state takes over. It is a kind of letting go, either consciously or unconsciously.

When the letting go occurs you start sinking down into that depressed state. Then in that low state it becomes more and more difficult to see a way out.

It's pretty much like if you were out on a boat in the middle of the ocean and the boat sinks. You find yourself in the water and manage to get hold of a lifebuoy and you start hanging on, and keep hanging on, hour after hour, hoping for rescue.

Then you get tired and it becomes harder and harder to hang on, but still you hang on and you're tired, and become more tired. So tired in fact that you can't hang on any longer, and you let go.

You let go either because you're too tired to hang on any longer or because a momentary lapse of awareness causes you to lose your hold.

Either way you begin to sink down into the depths and get caught in the depths ... and you can drown! In those days because I didn't know better I "drowned". Has this happened to you?

Don't despair! Before "drowning" and even from the depths of the ocean you can look up through the water to the sky and you can see the light above.

You must believe there will be better days ahead. I know this is difficult when you are in the depths of despair but take my word for it; there will be better days ahead.

During one of my darkest moments, a friend told me "You'll look back at all this one day and laugh". I found it hard to believe him at the time, and shrugged off his suggestion. I didn't believe him. The fact is that years later, when we recalled those days we did laugh!

Even in the darkest tunnel, there is a light at the other end. Let yourself be drawn to the light, rather than get stuck in the darkness.

Chapter 2

You and Your Depression

If you are managing to read this book you are likely not as depressed as you think. Let me guess now. At best you are managing to hold down a job and you go through your tasks with a heavy heart just because you have to earn a living, you have to pay the bills.

Possibly you cannot concentrate like you did before therefore and performing your tasks becomes more difficult than it used to be but you hang in there, necessity demands it.

Another scenario: You are at home and the place is in a mess, the dishes are piling up, there's washing to be done but you find that the motivation is lacking. You possibly find it hard to get out of bed, and when you do, you drag yourself around.

You look at last night's dirty dishes still in the sink and look away, but wherever you look there's cleaning or tidying to do.

You spend most of the time in your pyjamas or night gown maybe smoking cigarette after cigarette knowing there's work you have to do but you can't get yourself to do it.

Or maybe you feel a little better than that, and you manage to get yourself to the shower some time during the day, get dressed and do a bit then sit down again.

If you live alone, depression can feel worse for you. If you are in a good relationship then when your partner comes home that can provide some relief. But the next day when your partner leaves for work you feel down again.

It's hard to look forward to the following day because you believe you will feel the same again. If you are in a bad relationship, then you can find no relief, even when your partner comes home.

Now we come to that very deep type of depression that stops you dead in your tracks! It immobilizes you completely! You go to sleep at night and wish that you never wake up. You've tried and tried to make a go of your life but nothing seems to work out for you.

The Global Financial Crisis crushed you. Your wife, husband, girlfriend or boyfriend has left you. You are unemployed with no prospects or still employed and can no longer face going to

work. You are so unhappy that happy people begin to feel annoying for you. “What have they got to laugh about?” You probably ask yourself.

So you begin to shun people, become withdrawn, reclusive, lose your self esteem and sink deeper into your misery, become more self-absorbed.

You are in a state of depression and there is a dark comfort within there, it is safe. You no longer try therefore you can no longer fail. You stop getting involved with people then you won't be hurt by them anymore. Why look for a job? Why go to work? You don't even want to be alive. Why trust anyone anyway? You always get hurt.

Many deeply depressed people have trouble getting out of bed in the morning because their day holds nothing for them. In this case, getting out of bed becomes the first challenge!

People who are not depressed often can't understand depression at all. They'll say things like: “Snap out of it!”, “Get over it!”, “Don't worry, you'll be ok.” Until you experience long term depression and unless you've suffered from it, it's hard to believe what I'm talking about. When you are deeply depressed you look around you and see yourself living in a world where you feel you don't belong.

You wonder how everyone else gets up and faces the day filled with enthusiasm and the urge to get going while you have to work extra hard to even get out of bed and take a shower!

Every little task seems daunting. You lose concentration. You do what you do because you have to do it, but nothing ever feels right.

There is an underlying yucky feeling that never goes away no matter how hard you try to shake it. No matter how many books you read about it. No matter how many doctors you talk to about it and even the pills you've tried over the years do nothing for you anymore.

You begin to feel that this is just how your life will always be. You've stopped talking to friends about your feelings and have decided to accept them and keep them to yourself.

It's hopeless! You see no future. Every day is a total misery. You wish you could die because death would bring certain relief. However chances are that if you are feeling this bad you wouldn't be reading this article. You wouldn't have even switched on your computer, is that right?

But because you are reading this it means that you are well enough and motivated enough to do something about it! You are taking responsibility for your state, and that's what it is! A state! You have been in a happy state before, or a moody state, or a thoughtful state, now you are in a depressed state.

Therefore keep reading, find out more about your state, what could be causing it and more importantly learn proven techniques that will help you overcome it.



Would you like to find the answers that will keep you free from the challenges of depression? Connect with what I am about to share and enjoy the positive results that has become the reality for many individuals.

Most people are not aware that it is possible to live without depression. Take the bold step to find the answers you need by reading through this page. It holds the key to every depression battle you have ever faced.

Are You Ready To Get Started?

Do you know that depression has made many individuals miss out on a great life? Depression is a challenge that removes the fun from the life of many adults. All you need to do is ask yourself 'what has depression cost me?' Has it robbed me of good relationships? job promotions? a happy and fulfilling life? These are the real costs of depression.

The good news is that you can live free, live confidently, and be full of life when you follow the steps in 'Depression Self Help: How to break through depression.'

This book is being offered here today as a PDF file at a special price because, as has been pointed out, it comes to you at the time you need it most. It covers every topic about how to break through depression! This is the perfect resource you need to break away from the challenge of depression. The book gives you the key to live a life that is full of joy and love.

This is exactly what you need to stop a lifetime of depression

The various symptoms of depression can prove to be a huge source of trouble for anyone. This book is written by an expert who understands the subject and knows how to help you relieve the symptoms of depression. He goes into great detail to show how you can live a vibrant life without using drugs or any complex treatment procedure.

How you can break through depression at no extra cost with the eBook

There are many things you stand to gain by reading this book. They include:

- A comprehensive guide on all you need to know about depression
- A self designed path that will lead you to speedy recovery
- Learn from an Author who has great experience on the subject
- Step by Step easy to follow the instructions that lead to your recovery
- Examples of those that have successfully used this material to recover and so much more

You cannot miss out on this great book that helps you deal a final blow to depression. You do not have to worry about tomorrow when you can take a wise step that will bring you healing today. Every moment that you connect with the lessons in this book, you are helping to create a better future for yourself.

[CLICK HERE TO ORDER](#)
While Offer Lasts

Are you still having doubts about what the book can do? Then you need to read this:

- The book is based on research that ensures you recover from depression
- It has the best approach to help you start your journey to healing
- It can save you lots of money because it is written by a professional \$147 per hour therapist
- You will be able to control what happens in your world rather than letting it control you

Grab a copy of this book today is because it shows lasting solutions to the state of depression related problem and the loss that is often associated with it.

This is something you've never seen before

You must do what smart individuals do when they see a great opportunity. They rush in and take full advantage of it. This is the time to get this material and set your life in the right direction. Do get a copy today and start to empower your life.

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While Offer Lasts

From this book you will learn:

- What you can do to help yourself
- To become more objective about depression so that you can overcome it easily
- How to lift yourself out of your current depression
- About ways that have been proven to increase happiness
- About the types of treatment available

What are you waiting for place order now!

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Here is what the readers say:

"I found this book inspiring. Having suffered depression for many years, I do know how difficult it is to get up and resume your normal life. This book covers many aspects of depression and go through details of the symptoms, the causes and what you can do about it. It also talks bout type of treatments available and what each kind is used for. Alfred's style in

writing is down to earth, simple, easy to follow and caring. I certainly recommend this book for anyone who is suffering from depression or just feeling they are slipping into depression. I look forward to reading any future books by Alfred Bellanti.” – Nadia Hakim

“If you want to read a down to earth real life experience of depression this is the book for you. It makes you realize you are not alone in your suffering. Also it is very enlightening and informative because Alfred did so much research and gave me the confidence to believe that I could come out of my depression.” – Linda Lee

“Having gone thru depression and seeking answers, I found Alfred’s book was uplifting and full of good ideas that I can use in case of future situations and good preventative ideas too. Well written with solid workable explanations. Buy it” – Amazon Customer

“Interesting book. Useful for everyone” – JK

*“An excellent book! When one is in the throes of depression they can rarely get out of bed, let alone concentrate on a book. Imagine if you could read the ‘rolled and condensed’ version of what you know, what you know you should do, and simple ways to do it. This book, and at its price is a piece of gold. A review to follow, but I rate it a five***** well worth under \$20 bucks and I consider it a somewhat reward-able effort in its ability to stay short, concise and to the point, for those that need answers and less talk..... To take the cake, the author has experience with the malady (and shares personal pain, experience, and recovery... if not (he even suggest paths for others).” – Clinton Meskanen*

“Alfred Bellanti is an expert when it comes to dealing with depression. Having known him personally, I know he always has the reader’s best interest at heart. It’s a book full of useful facts and encouragement. I highly recommend it.” – John Lu

“A wise man once said: “Unsure if everything sucks because I’m depressed or if I’m depressed because everything sucks!” Depression can become so bad that not even a drum session in the park cheers you up, then it’s time to get professional help and gather as much information as possible. Being a sufferer myself and having read a lot about the subject I can point out all the literature that was just superficial rubbish (a lot) and what really gave me new insights and deep understanding (a few). This book is certainly one of the best, highly recommended!” – Amazon Customer

“Alfred’s book came in the mail, and I immediately read every page. It’s packed with some really good ideas, and a real explanation that can help people finally understand depression. It’s easy to read, and really a useful guide to self-help solutions that work.” Dr. Richard Nongard, LMFT

“Alfred’s Depression Self Help Book has been used by many of my clients as a quick reference for their symptomatology and it has helped them understand their depression from a new perspective. The Self help section especially has been very useful for some of my clients. I strongly recommend it to people who suffer from depression and those who care for them.” Mr Paul Risebrow, Registered Psychologist

“Alfred’s book came in the mail, and I immediately read every page. It’s packed with some really good ideas, and a real explanation that can help people finally understand depression.

It's easy to read, and really a useful guide to self-help solutions that work.” – Dr. Richard Nongard, LMFT

“This book contains the main facts about major depression and the different treatments available, both medical and alternative. It also has many workable suggestions that will help the reader break through depression.”- Dr R Climie

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60 Day Guarantee

**Use the techniques provided in this book and if you notice absolutely no improvement your money shall be refunded in full and you get to keep the book.
It's a double win situation**