

# Killing Depression



Overcoming Your Worst Nightmares

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# Introduction

I want to thank you for downloading this book “Killing Depression: Overcoming Your Worst Nightmares.” Congratulations, you have taken your first step toward understanding and battling one of the greatest sources of concern humanity has ever faced – depression. I hope, after reading this book, depression will be the least of your worries and you improve the control you have over your negative emotions.

