



# **DEPRESSION & SADNESS: NEVER LOSE HOPE: EVEN IF YOU CAN'T SEE ANY (Psychology and Health Book 2)**

*Marios Savva*

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NEVER LOSE HOPE: EVEN IF YOU CAN'T SEE ANY

As a psychologist, and after years of study, I wanted to create books from the material I have gathered over the years to make available to the public.

My books, beginning with my first book – STRESS, We Can Master It- are laid out in a way that everyone can understand. Psychological theories, definitions, analysis can be rather daunting for those who are not involved in this particular field. Knowing this, I tried to simplify, to a point, as best I could this material to make it readable and comprehensible to the everyday person.

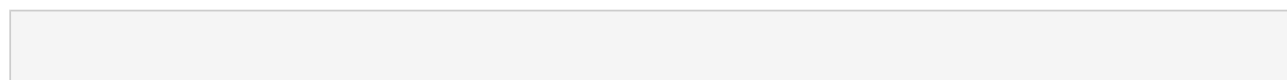
I am sure whoever would read this book will gain a little something that can help them in some way.

You will read in this second book in my series:

The Definition of Sadness  
What is Sadness?  
Rumination  
Don't Ruminates  
Mood Disorders  
Grief  
Children and Adolescents  
Children and Adolescents II  
Eating Disorders  
Eating Disorders II  
Prevention in Children  
Prevention in Children II  
A Powerful Antidote  
Helplessness  
Negative Thinking  
Bipolar Disorders  
Bipolar Disorders II

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