



# First Steps Out of Depression

*Sue Atkinson*

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**First Steps Out of Depression** Sue Atkinson

**Written from the point-of-view of a past-sufferer of depression, this is an invaluable guide for overcoming the blues and reclaiming your life**

Depression is widespread in today's world, with statistics suggesting that one in five of people will experience it at some stage in their life. This resource shares the author's experiences battling—and recovering from—depression, to guide sufferers through the first stages of recovery themselves.

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