



# Fighting The Black Beast: Overcoming Your Depression

*Michael L Walton*

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## **Fighting The Black Beast: Overcoming Your Depression** Michael L Walton

Sadly, no one can wave a magic wand over your head and remove your depression and when caught in a downward spiral of negativity the victim of this very common disorder may consider suicide as the only answer.

However, the author of *Fighting the Black Beast* has found a self-help method that really works. Having overcome his own depression he now offers you his 'Eight Point Plan' as a life-line. This book offers you a powerful weapon against the 'Black Beast' of depression and the means with which to fight and overcome it altogether.

*Fighting the Black Beast* shows that the dark world of depression is largely a self-created hell, and the downward spiral can be reversed. Recovery is at last made possible.

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