

Kimberley Cox



# Overcoming Depression

8 Natural Remedies To Help You  
Eliminate Depression & Anxiety  
From Your Life Forever!

**“Overcoming Depression” is a worldwide copyrighted © protected publication of Kimberly Cox.**

**IMPORTANT: THIS GUIDE IS FOR YOUR PERSONAL USE ONLY**

This guide is for your own Personal Use Only. You do not have any rights to share this report with anyone, give it away, or include it as a bonus anywhere. You are also not allowed to reveal any information in this report. Thank you for your cooperation.

**ALL RIGHTS RESERVED**

No part of this guide may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author.

**DISCLAIMER AND/OR LEGAL NOTICES**

The information presented in this guide represents the views of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the rights to alter and update his opinions based on the new conditions.

This guide is for informational purposes only and the author does not accept any responsibilities for any liabilities resulting from the use of this information.

While every attempt has been made to verify the information provided here, the author cannot assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional.

### TABLE OF CONTENTS

	<b>PAGE</b>
Chapter 1 – Introduction	4
Chapter 2 – Journaling	6
Chapter 3 – Maintaining A Wellness Checklist	9
Chapter 4 – Eating Right	13
Chapter 5 – Having Adequate Sleep	17
Chapter 6 – Exercising Regularly	20
Chapter 7 – Say No To Alcoholic Drinks	24
Chapter 8 – Stop Blaming Yourself!	27
Chapter 9 – Cognitive Behavioral Therapy	30
Chapter 10 – Conclusion	33
Chapter 11 – Recommended Resources	34

### CHAPTER 1 – INTRODUCTION

Are you feeling blue, anxious, irritable, tired, inundated or emotionally delicate? These forms of mood disorders have become shockingly common, and in a lot of cases, may easily be resolved.



Depression and anxiety particularly have become so prevalent that it is exceedingly common for individuals to be taking medication for one or even both of these mood disorders.

As a matter of fact, the incidence of depression and anxiety has tripled since 1990 and more than twenty-five percent of the adult population in the United States of America is suffering from one or more mood troubles.

Occasionally, depression or a blue mood might have no evident cause and it might be caused by a number of elements. Keeping a journal is among the most potent tools available for personal growth and emotional mending. It may and should be a day-to-day ritual. Putting down our views lets us view them as separate from ourselves.

## Overcoming Depression

---

A wellness checklist ought to handle the needs of mind, body, and soul by rendering honest daily goals. It is meant to encourage you as you battle to overcome depression, not drown you, so you need to keep it easy.

Beneficial nutrition also is crucial in your battle to overcome depression. This is tricky, as depression tends to cut off the appetite. In order to battle depression, you need to take up enough calories and nutrients to provide your body and brain strength.

Sleep furnishes the armor you require to battle depression. Without enough rest, you're more susceptible to those damaging messages twirling around in your brain, and less able to do beneficial things on your own behalf.

In this guide, you will find out more about each of the natural remedies to help you defeat stress which I have highlighted above, as well as 5 other natural remedies and solutions to help you battle and overcome depression melancholic tendencies once and for all.

All the solutions you will discover in this guide will not require you to consume any medication (and thus eliminating any risks of you suffer from any of the side effects that comes along with taking the medications).

### CHAPTER 11 – RECOMMENDED RESOURCES

#### CONQUERING STRESS



In this guide, you will discover how you can eliminate anxiety, depression and stress from your life forever with a 100% all-natural, sure-fire, and easy-to-follow method.

All the strategies that you will discover in this guide require absolutely no drugs, no potions, and no hypnotherapy.

[Click Here To Find Out More About The "Conquering Stress" Guide Now...](#)