

SOD-IT: The Depression Virus and How to Deal with it

SOD IT!
*The Depression 'Virus'
and how to deal with it*



For anyone who is depressed or knows someone who is depressed
Martin Davies



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Book Review

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

(Nannie Lindgren Jr.)

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