



## A Beginner's Guide to Lifting Depression

By Leslie O. Simpson, Nancy Blake

Lifelight Publishing, United Kingdom, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Beginner's Guide to Lifting Depression offers two approaches which you are unlikely to find elsewhere. Doctors aren't taught hemorheology, the physical properties of blood. But most chronic disorders, including depression, are characterised by blood flow problems, and there are relatively simple and available supplements and medical treatments which can improve blood flow and lift mood. Your counsellor or psychotherapist is very likely to offer you CBT (Cognitive Behaviour Therapy), which is widely used and very popular. But it only touches the surface. That inner critical voice - CBT tells you not to believe it. NLP teaches you how to control it. (Why argue with a radio - change the channel, or turn it off!) This Beginner's Guide includes two interwoven strands of information and suggestions: Les Simpson's thorough and systematic study of depression, in particular the evidence for blood flow problems and treatments which can address these; and Nancy Blake's insights and practical techniques based on years of using NLP to help depressed clients get their lives back. Depression may tell...

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