



# Awaken Joy: Return to your heart (Volume 1)

*Annette Dinelli*

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## **Awaken Joy: Return to your heart (Volume 1)** Annette Dinelli

Hi Everyone. This book is and was meant to be an honest and very frank discussion of the difficulties faced, the causes of depression and other symptoms, as well as what could address the causes so that healing could happen and then provide some of those solutions to others as well. those things have been done in some ways and it is like literally living in a different world with more love and hope. Indeed, doing all of these things has opened up a new path in life and changed the world for the better. The sky is more blue and life has taken on a new and glorious color. All of what has been done has changed the tone and texture of life to something much more rich and tasty as well by helping life and others to be more full and magnificent and providing ways to be more accepting and forgiving and to live life in a happier, healthier and more loving way. There do seem to be ways to help our lives and thus the world get out of depression and suffering and that we can heal our bodies, our minds and our spirits with some effort and perhaps some new ways of looking at life and treatment options. It is my hope that this effort will bring some relief to those suffering and to give new choices about getting better that we may not realize are available in the areas of mental health and mental or spiritual illness. I am not a mental health professional. I am a regular person who has walked my own journey through mental illness, including depression, addiction and post traumatic stress disorder. I lost two family members to suicide because of depression and other factors. This book is the result of many years of efforts, time, money, alternative methods of treatment, outpatient treatment at a mental health hospital, thousands of hours of research and attempts to get better and get to the causes of the symptoms of illnesses. I offer it to everyone who is interested in the hope that we can start to find some answers to the reasons for depression, suicide and other types of mental or spiritual suffering in this world. Good luck and may you find the joy in life.

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