



I Love Me: Avoiding & Overcoming Depression

Dietmar Scherf

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A practical guide for: Avoiding & Overcoming Depression without medication; Developing Proper Self-Esteem; Obtaining a Victorious Life with Joy, Substance and Purpose. This book provides a unique blend of a psychological and spiritual approach regarding this topic. It's a nonfiction book that reads like an adventure and is captivating from the first page to the last. The book is easy to read, easy to understand and most importantly its principles are easy to apply. Page after page, the reader will find treasures of valuable information, insight and guidance to bring inner healing, deliverance, protection and victory to the soul. The reader will learn how to avoid the vicious cycles of depression. The reader will be led into the true experience of deliverance and freedom from depression. Self-esteem will be restored. Relationships will be healed. This book will have a very positive impact upon every reader's life. The author, Dietmar Scherf, has been studying human behavior since 1976. As a popular marketing psychologist and consultant to corporations and individuals, he has served thousands of people throughout the United States and Europe. For over a decade he suffered severely from depression and contemplated suicide more than once. In the early 1980s, he found absolute healing from depression and has been enjoying a victorious life for many years now. This book will also be helpful in preventing seeds of suicide in the receptive reader. Also, loved ones of depression victims will find this book to be very helpful. Chapters and subcategories are arranged in a practical, short and precise manner, so that readers with short concentration spans are able put the principles into immediate practical application. Most interesting is the conversational style the author uses, which makes this read a type of extensive counseling session with a good old friend who cares and understands. Many essential questions regarding the subject of depression are discussed. This book is certainly an absolute must-read on this topic and should be in every household. No matter if someone is currently suffering from depression or not, it most certainly is an inspirational and encouraging book.

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