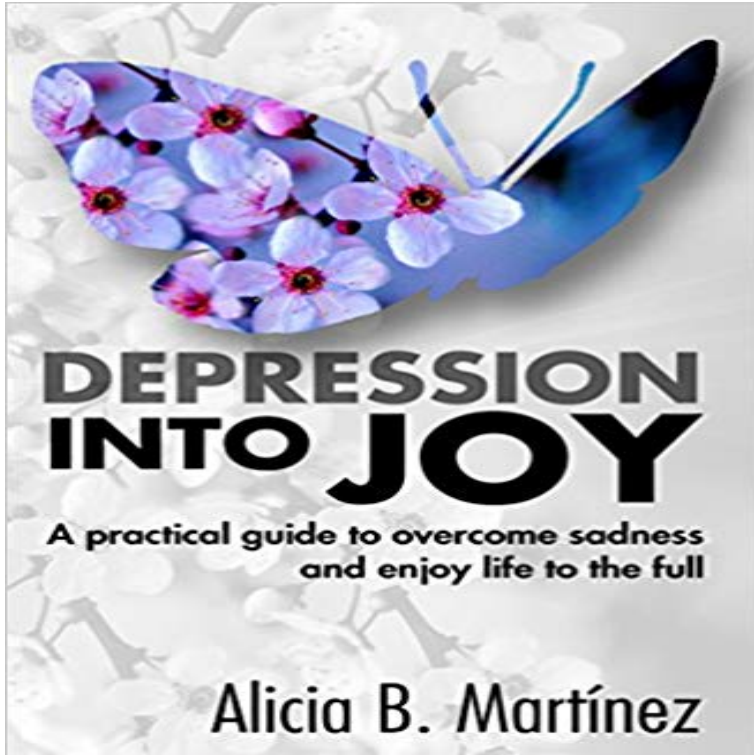


Depression into Joy: A practical guide to overcome sadness and enjoy life to the full



A personal journey towards recovering the will to live. There are times when life seems meaningless and we lack the strength to go on. When author, Alicia B. Martínez's Dad passed away and her relationship broke down in the space of five months, she found herself experiencing distress, despair and hopelessness as never before. Being a qualified and experienced integrative coach and NLP practitioner, she had read, studied and discussed these emotions at length but never fully understood what being depressed actually meant. Focussing on getting her life back on track and becoming happy again, she initiated a successful personal journey towards recovering her will to live. This book is the result of that journey. Depression into Joy offers a combination of deeply-felt personal experiences, theoretical knowledge and professional acumen and most importantly, tried and tested techniques and ideas that helped her overcome her deep sadness and distress. It is simple, practical and personal. Above all, it is written in the hope that it will assist others going through difficult circumstances.

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