

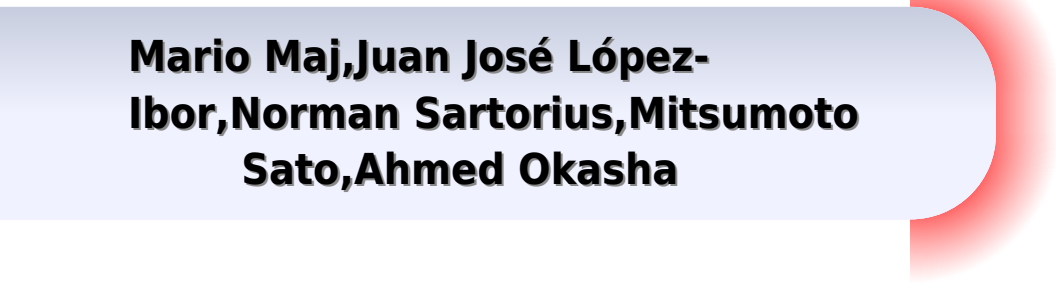
Self-help for **Depression**: 9 Things to Consider



Take control over your depression with these self-help practices.

Relief From Depression A Self Help

**Mario Maj, Juan José López-
Ibor, Norman Sartorius, Mitsumoto
Sato, Ahmed Okasha**



Relief From Depression A Self Help:

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