



## This Is How You Recover From Depression

*Danny Baker*

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# This Is How You Recover From Depression

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**This Is How You Recover From Depression** Danny Baker

*From the author of the #1 international mental health bestseller  
Depression is a Liar*

A long time ago ...

I felt like I was drowning ... when everyone around me was breathing.

I was terrified I'd always be miserable.

I kept relapsing, and relapsing, and relapsing ... and I didn't know why.

I hated my life so much that I wanted to die.

Hi, my name's Danny Baker, and I used to suffer from a depression so debilitating that for four years it led to alcoholism, drug abuse, medicine-induced psychosis and multiple hospitalisations.

Fortunately, however, I was able to recover, and in this book, I'll share with you the exact three step blueprint I followed to navigate my way out of the abyss and transform myself into the extremely happy, healthy person I am today.

## Here's a breakdown of exactly what this book will cover:

**Step 1: Firstly, we'll talk about what you can do to understand what is causing your depression.**

**Step 2: Secondly, we'll analyse how you can deal with the underlying causes of your depression so that they no longer cause you to feel depressed.**

In the course of doing so, we'll also cover how to deal with some particularly common causes of depression including:

- Spending too long doing things that you don't enjoy;
- Loving yourself for unhealthy reasons (or not loving yourself at all);
- Anger;
- Not allowing gratitude to co-exist with your pain;

- Self-victimisation;
- Not being surrounded by the "right" people (or even worse, being surrounded by the "wrong" people);
- Being a prisoner of what other people think;
- Taking everything personally (i.e. forgetting that you're only a part of everyone else's world);
- Living an unbalanced life;
- Perfectionism;
- Living an unhealthy lifestyle;
- Having too many negative thoughts and not enough positive thoughts;
- Worrying;
- Struggling to trust someone again after you've been hurt in love.

**Step 3: Lastly, we'll discuss what you can do when you experience a relapse so that your relapses gradually become fewer and farther between, and in the end, eventually peter out for good.**

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