



# Depressed Anonymous 3rd Edition

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## **Depressed Anonymous 3rd Edition** Hugh Smith

This is the REVISED 174 page inspiring "Big Book" of the 12 step fellowship of Depressed Anonymous. This innovative and workable approach provides a practical step by step plan for recovery from depression. The book provides over 30 testimonials of those persons who have successfully defeated their depression by being part of the fellowship and following the plan as outlined in this innovative approach to overcoming depression. The book, in it's 3rd edition, is written by those who WERE depressed--they've been there and now they want to share with others, who like themselves, can hope and get well. Want to start a Depressed Anonymous group? This is the book for getting started! Contains the "how to's" for group formation and sample meeting format.

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