



Defeating Depression: The Calm and Sense Way to Find Happiness and Satisfaction

Leo J. Battenhausen

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Do you feel stuck, trapped in a cycle of loneliness, despair, discontent and sadness? Do you have trouble sleeping, have to "wind" yourself up to get out of bed in the morning, have difficulty concentrating and focusing on work, loved ones and family? According to a recent survey 54 million people do. **Defeating Depression** will guide you toward identifying, understanding, coping with and healing conflicts and issues in your life so you will no longer feel powerless and filled with pain. Finally, you will be free to find and enjoy happiness and satisfaction.

Defeating Depression will teach you how to identify these problem areas in your life and overcome barriers before you feel like they are paralyzing you. It will provide you with the tools to face life's issues and show you how to handle undesirable feelings, attitudes, reactions and falsities that cause too many people to feel powerless. Compiled from his twenty-five years of experience, Battenhausen's revolutionary "*Calm and Sense*" approach will empower you to take control of your life and feelings, not just today, but in the future.

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