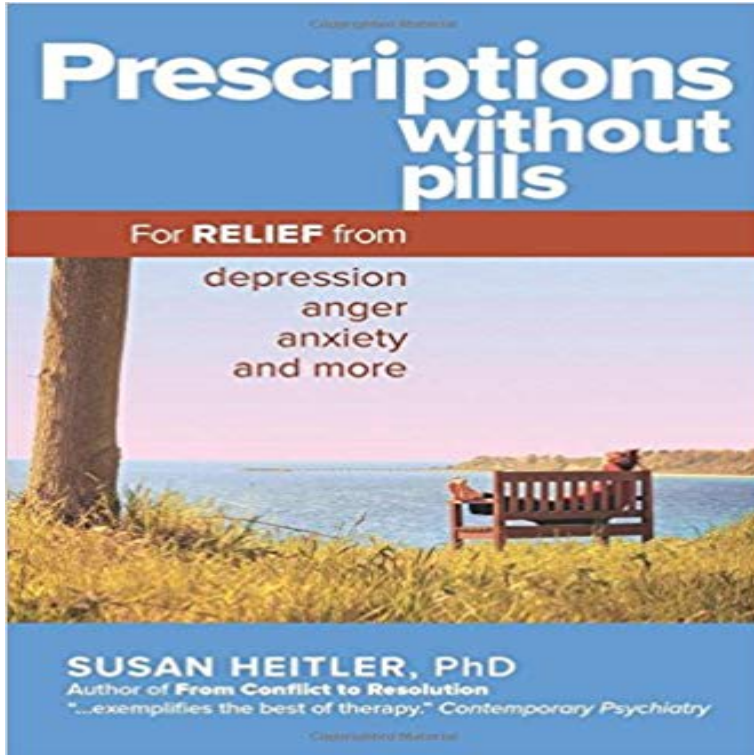


Prescriptions Without Pills: For Relief from Depression, Anger, Anxiety, and More



Have you ever wanted relief from feeling discouraged? worried? irritated? locked in habits that ultimately harm you? These negative states--depression, anxiety, anger and addictive habits--are the common colds of mental health. Like mild physical illnesses however, they can cause much distress and, if left untreated, can lead to worse difficulties. PRESCRIPTIONS Without Pills offers techniques for resolving the problems that have been provoking your uncomfortable emotions. PRESCRIPTIONS guides you back to feeling good and then shows you how to sustain feelings of well-being. Avoid the risk of negative side effects like weight gain and mental dullness that can result from taking pills to reduce your negative emotions. Instead implement these drug-free prescriptions. Use the prescriptions on your own or with help from a therapist. Illustrated with engaging stories from the many clients Dr. Heitler has worked with in her forty-plus years as an internationally known psychologist and psychotherapy innovator, PRESCRIPTIONS Without Pills aims to help you navigate the route back to well-being and learn skills that can help you to stay there.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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