The Three Steps of the Better Mood Recovery Program*

1. Set the Intention to Heal

2. Reach Out For Support

3. Treat Your Symptoms Using a Combination of Mutually Supportive Therapies

* By applying these principles, you will greatly maximize your chances of healing from depression and anxiety.

Intention + support + tools = mental health recovery

Excerpted from Healing From Depression: 12 Weeks to a Better Mood, by Douglas Bloch.
503-284-2848  web site: www.healingfromdepression.com  email: dbloch@teleport.com