



Natural Mental Health: How to Take Control of Your Own Emotional Well-Being

Carla Wills-Brandon

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In language that is easy to understand and practical for everyday living, this guide presents a number of simple solutions to numerous specific mental health concerns. Topics covered in this work range from depression, self-esteem and sexuality to addictions, anxiety states and even divorce. With just a bit of willingness, anyone looking for concrete answers to the mental health dilemma can begin the road toward a more healthy sense of physical, emotional and spiritual well-being.

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