



How to Heal Depression

By Harold H Bloomfield M.D.

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More than 18 million Americans are depressed. Most don't know it. In life, pain is something inevitable, but suffering is optional.

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How to Heal Depression By Harold H Bloomfield M.D. Bibliography

- Sales Rank: #495436 in Books
- Brand: Prelude Press
- Published on: 1994-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.59" h x .93" w x 5.81" l, .87 pounds
- Binding: Hardcover
- 251 pages

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