



# **The guide: How to shift from Depression to Joy (What if you are not depressed in the first place?)**

*Suzana Panasian*

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## **The guide: How to shift from Depression to Joy (What if you are not depressed in the first place?)**

Suzana Panasian

Volume 2 of What if not depressed in the first place gives the reader a complete guide on how to shift from Depression to Joy.

Addressing the most deeply rooted beliefs leading to depression, the book is leading the reader through the various layers of the mental structure which keeps one prisoner in a negative state.

What if not depressed in the first book, volume 2, is more than a book. It is an experience in which the reader, the book and the act of reading become One, in the process of shifting from limitations to infinite possibilities

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