

OVERCOME DEPRESSION WITH EASE

NO MEDICATION



OLUSEGUN FAVOUR

ABOUT THE BOOK

This book is about the simple ways to overcome depression without medications. It include simple tips to help conquer depression that might be overlooked by many people.

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introduction

This book talks about the simple ways to overcome depression without medication. If you have not started treating depression with medications or you have already started taking medications concerning depression, ensure you read this book first it help you conquer depression with ease. The tips are so simple that most times are overlooked.

WHAT IS DEPRESSION

Depression is a state of mind producing serious long term lowering of enjoyment of life or the inability to visualize a happy future. It is a period of unhappiness or low morale which may last longer than several weeks and may include ideation of self inflicted injury or suicide.

HOW TO CONQUER DEPRESSION WITHOUT MEDICATIONS

Our standard of living is better than the past, but technological progress comes with a dark side. Human beings were not designed for sleep-deprived, socially isolated pace of life. Several years back when everyone were farmers, hunters, depression were hardly traceable, the level of depression is almost zero, this is because they are too busy to sit around brooding, their diet is rich in omega-3, they perform lots of physical activities and they get lots of sunlight.

Overcoming depression would require you to start taking meals that contain more omega-3, you can get lots of omega-3 acid from fish and fish supplements. Sunlight is also very effective, enjoy the sunshine, get plenty of sleep and be sociable.

Quotes

It is advisable to do useful and meaningful things in ones life so as to avoid feeling depressed. Most depressed persons got depressed due to things that they have done in their life mostly bad things. Try as much as possible to help people, there is joy derived from doing so. Whatever it is in your capacity to help someone then do it, could be your neighbour, could be anybody you don't have to know some to help someone. Such help do not necessarily has to be financial help, there is joy in rendering help especially to someone you never know. That joy is able to help you conquer depression.

Most of all move closer to God, he is the Almighty. He is able to do all things pour out your heart to him, cast your cares upon him cause he cares for us.

Always have the knowledge that there are people who love you.

Try to adhere to the following tips

- *Take 1500mg of omega-3 daily in the form of fish oil capsule with multivitamin and 500mg vitamin c*
- *Don't dwell on negative thoughts, instead start an activity or conversation.*
- *Exercise for 90 minutes a week*
- *Get 15-30 minutes of sunlight each morning during summer, during winter consider using a lightbox*
- *Be sociable*
- *Get eight hours of sleep*
- *Try to help someone each day*
- *Pray to God daily*
- *Know that someone loves you.*

Say no to depression.

Thanks for reading this book.

we know you learnt a great deal from this book. We hope that you share the book with family and friends. Feel free to contact olusegunfavourabosedede@gmail.com if need be.
