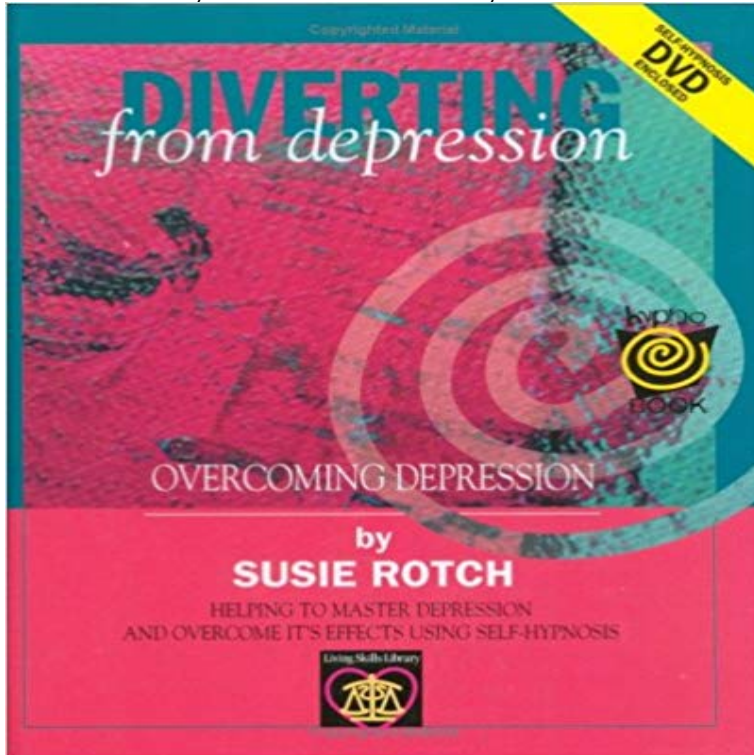


Diverting from depression: A guided self-hypnosis course to help you discover your own ability to master depression and overcome its effects



If it is part of our nature to feel positive, enabled and powerful, then it must also be part of our nature not to feel like this - to feel incapable, unfocused, helpless. Why do people swing between these two forms of self-awareness? How can it be that at one time a person can be a powerhouse of energy and yet at another time feel completely powerless ? Depression can have physiological and or psychological causes. This program addresses the psychological causes and psychotherapeutic solutions that can help you master depression and overcome its effects. Diverting from Depression is a unique program that has been designed to combine both the healing powers of self awareness and the power of the unconscious mind. The research, psychological theories and principles upon which the program is based, recognise that you already have an array of personal resources to explore and enhance your natural ability to effectively manage and avoid depression. These include the abilities to relax and to choose what you pay attention to.

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