



# 2,000 Word Book: Depression 101: A 10 Minute Guide to Everything About Depression. Types, Cause, Triggers & Long Term Cure

*Michael Santchi*

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There no such thing as on size fits all.

But I still hope that this book can give you some information that you can use to fight depression.

I don't pretend to be the expert or a doctor.

I'm just a regular guy trying to help and give some suggestions to ma big problem.

If you think this book can help you fight depression, then maybe it will, maybe it won't.

With that being said, I tried my best to give you the best solution in just 10 minutes of reading.

I wish you all the best!

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