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Aug 13, 2013 Someone recently said to me: Your tips are fine for those who struggle with mild to moderate depression. But what about if you can't get out of bed

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Climb Out is now a year old and has surpassed any expectations or original intentions. I thought I would share a few blogs and tell the story behind Climb Out.

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Climbing out of addiction and depression: margo

Nov 14, 2013 Talk Overview Current research suggests that addiction and depression are symptoms of emotional distress, not causes of it, forging the link between

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