

LIVING FULLY WITH DEPRESSION



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SEED THE CHANGE

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## Seed of Courage

It takes courage to admit you are depressed, and you have already taken the first step by watering your Soulseeds packet with faith, hope and time. It takes courage to say “Not this!” and demand more of yourself, and quest for a different life style. Be bold and ask for what you want. Be clear and concise.



*Say to yourself: I am naturally courageous. Life is opening up for me.*