



The Good News About A.D.D. www.empowermentplus.org

OVERCOMING DEPRESSION

Wholistic Strategies that Work

Overcoming Depression is...

- a comprehensive self-help tool for people who want to feel joy in their lives
- suitable for anyone who has faced depression
- a valuable resource for professionals who find that some of their clients are not responding to the kinds of techniques that usually work

"Your program is comprehensive and structured, yet flexible. I think it could help thousands of people, with or without depression."
John Simmons, Teacher & Professional Speaker.

"Dr. Scholten has created an insightful, practical handbook that facilitates individuals working through depression."
Dr. Shanti Persaud, University Lecturer in Psychology.

"Dr. Scholten's approach to overcoming depression has the ingredients for success: her own experience, a wholistic perspective and the spiritual dimension."
Fernando Davalos, Homeopathic Practitioner.

OVERCOMING DEPRESSION

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