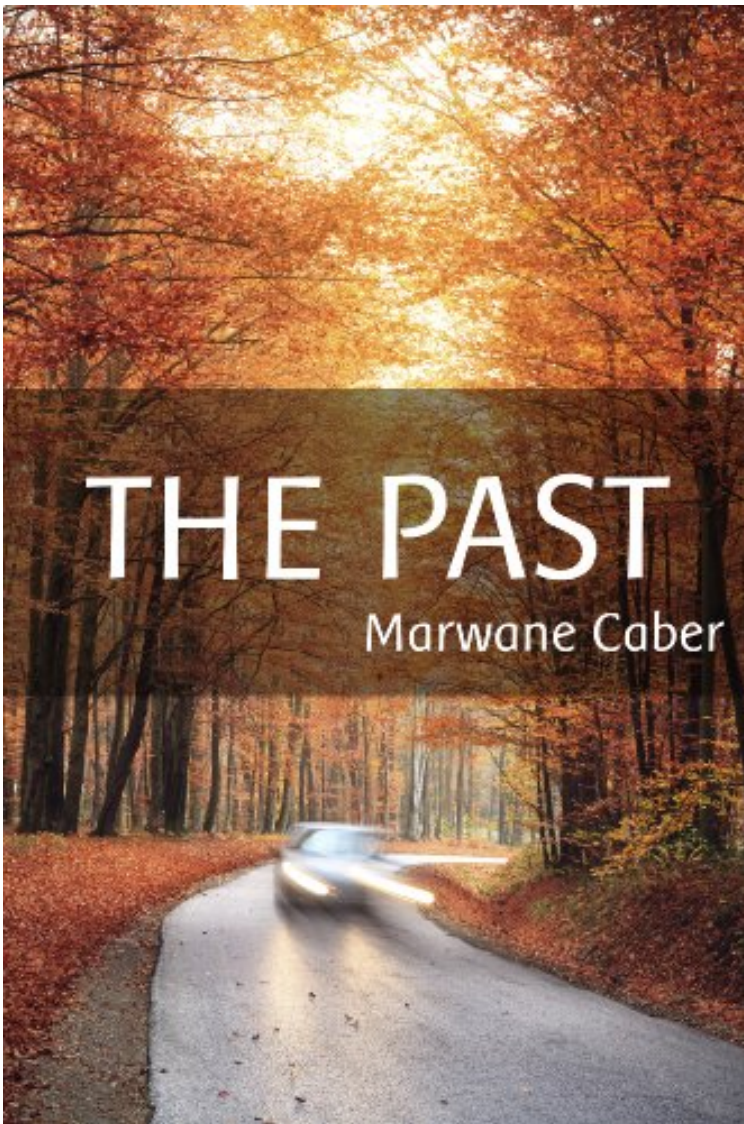


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# THE PAST: Take Back Your Power Overcome Depression in Spite of Your Negative Past (English Edition)



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## Description :

Prsentation de l'diteurMany Benefits Available by Reading The Past As with many serious problems involving any given topic, we are more prone to listen to as well as heed advice given by someone who has also experienced the same problem we are enduring and who overcame it through specific methods. Marwane Caber clearly demonstrates the depths of his experience and knowledge in his depression memoir The Past, and he presents the information with succinct simplicity in a relatively short book. One of the

hallmark characteristics of depression is the inability to focus and analyze information for long periods of time. The ability to learn and absorb complicated lessons while battling depression can also be problematic, so the Author wants his experience of dealing with depression and his eventual recovery to be as easy to understand as possible even for those who are drowning in the darkest depths of depression as they read the book. Why Should You Read This Book? My ideas pertain not only to the past, but to the present and the future; they deal with patience, gratitude, and the perception of oneself and others. My ideas also connect to individual worldviews, human relationships, and the impact of ideas and fantasies while integrating work, focus, achievement, and the exchange of expertise. Many people close to the Author encouraged him to write this book because not only did they see how much his process and research models for improving depression worked for him, they also discovered that they themselves could benefit from his wisdom about the very debilitating struggle with depression, and how to emerge from the darkness becoming depression free naturally.

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**Biographie de l'auteur** Hard-working sociologist Marwane Caber has devoted a great deal of his life to analyzing human behavior and the human mind. As well as identifying as a philosopher and possessing a great deal of experience with both qualitative and quantitative sociological research, he has a Masters degree in statistics. However, he does not spend all of his time on his work. He is also a family man, chess master, and book nerd, consuming a variety of literature in multiple languages. Additionally, he enjoys helping the general public by participating in philanthropic activities, and educating others by delivering public speeches.